

BEST FOR SPORT, SKY & STREAMING

**MORE
CHANNELS
THAN ANY OTHER
TV MAG!**

8-14 MARCH 2025

TV & Satellite Week

NEW

Adolescence

A family is torn apart by murder
in **Stephen Graham's**
crime drama



NEW

THE ELECTRIC STATE

A Wild West adventure
with robots



NEW

DOPE THIEF

A drugs heist
goes wrong...



NEW

THE AU PAIR

Sally Bretton on hiring
the nanny from hell!

HotList This week's 28

Saturday 8



Premier League

FOOTBALL TNT Sports 1, Sky Sports Main Event & Sky Sports Premier League
A triple bill of top-flight games – Nottingham Forest v Manchester City (k-o 12.30pm), Brentford v Aston Villa (5.30pm) and Wolves v Everton (8pm).



Six Nations

RUGBY UNION BBC 1, ITV 1 & S4C
Who will come out on top when the two best sides of the championship, Ireland and France, face each other (k-o 2.15pm, ITV 1) in Dublin? Later, Scotland take on Wales (4.45pm, BBC 1 & S4C).



Candy: A Death in Texas

DRAMA C4, 9pm & 10.05pm
Jessica Biel (above) stars in this five-part true story as Candy Montgomery, who was accused of killing her neighbour with an axe. Continues Sunday and Monday.
● **Previously shown on Disney+**



Harry & Meghan's American Nightmare

DOCUMENTARY Channel 5, 9.15pm
Once very popular in the US, the mood seems to have changed towards the Sussexes. So why has it all gone so badly wrong, and can they turn things around?

■ Full listings start on p35

Sunday 9



Ten Pound Poms

DRAMA BBC 1, 8pm (box set, BBC iPlayer)
Michelle Keegan returns in the series set in 1950s Australia. Kate (Keegan, above) and her friends are struggling to reconcile their high hopes for life Down Under with the harsh reality. *See feature, page 11*



David Frost Vs

DOCUMENTARY Sky Documentaries & Sky Showcase, 9pm
The final episode sees Frost talking to Hollywood star Jane Fonda, who became just as well known for her activism against the Vietnam War as her acting.



Towards Zero

DRAMA BBC 1, 9pm
Tensions at Gull's Point are reaching fever pitch due to a demand for money, the changing of a will, and the volatile dynamic between Neville, Audrey (above) and Kay. Then a killer strikes... *See feature, p12*



Belgravia: The Next Chapter

DRAMA ITV 3, 9pm (box set, ITVX)
Set in 1871, three decades after the last series of *Belgravia*, *The Next Chapter* introduces a new generation to the affluent London district. *See feature, p12*

■ Full listings start on p45

Monday 10



The Pharmacy

COMEDY Channel 4 streaming
Comedy written by and starring former pharmacist and comedian Ola Labib (above, centre). At a local pharmacy, the staff attempt to cure their community, one patient at a time.



Like Tears in Rain

DOCUMENTARY Viaplay
Through never-before-seen footage, we're offered an insight into the life of actor Rutger Hauer (above), famous for his role in *Blade Runner* and for appearing in a series of Guinness ads in the 80s and 90s.



Great Continental Railway Journeys

TRAVELOGUE BBC 2, 6.30pm
Michael Portillo (above) is back with a new series, visiting Croatia, Bosnia, Norway, Denmark and Switzerland. Continues all week. *See Documentaries, page 20*



The Au Pair

DRAMA Channel 5, 9pm (box set, 5 formerly known as My5)
Sally Bretton stars as Zoe, a woman who takes on home help. But secrets are unearthed that threaten everything. Continues to Thursday. *See feature, p8*

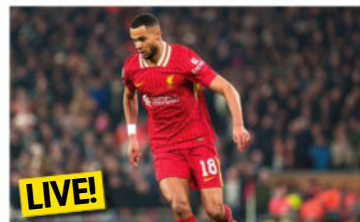
■ Full listings start on p55

Tuesday 11



Cheltenham Festival

HORSE RACING ITV 1, 12.45pm
The four-day festival of world-class jump racing gets underway at Cheltenham this afternoon, with today's feature race being the Grade 1 Champion Hurdle at 4pm. *See Sport Week, page 28*



Champions League

FOOTBALL Prime Video & TNT Sports 1, kick-offs 8pm
Tonight's last-16 second-leg ties feature Liverpool against Paris Saint-Germain (Prime Video) and Bayer Leverkusen v Bayern Munich (TNT Sports 1).



The Great School Swap: UK to USA

FACTUAL C4, 8pm
This fascinating social experiment looks at the different experiences of school children in the UK and the US as a group of Londoners swap with kids in Arkansas.



Eternal Spring: The Heist of China's Airwaves

DOCUMENTARY BBC 4, 10pm
The story of how followers of a banned spiritual practice called Falun Gong hijacked a Chinese TV station in 2002 is told here via comic-book-style animation.

■ Full listings start on p65

best shows

NEW SUBSCRIPTION OFFER
GET SIX ISSUES FOR £1!
Visit tvsatsubs.co.uk/D67K

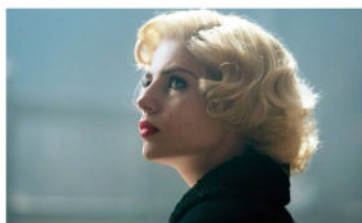
Wednesday 12



Champions League

FOOTBALL TNT Sports, kick-offs 8pm

Arsenal and Aston Villa are both in action tonight for their last-16 second-leg ties. Villa are at home to Club Brugge, while Arsenal play host to PSV Eindhoven, with places in the quarter-finals at stake.



A Cruel Love: The Ruth Ellis Story

DRAMA ITV1, 9pm

As the drama continues, Ruth (Lucy Boynton, above) is on trial for murder, where she has to face the prejudices of the British class systems. *See feature, p7*



Birdsong

NATURE BBC4, 9pm

Ornithologist Seán Ronayne travels to some of Ireland's most beautiful and remote locations in a bid to record the sound of every bird species that live there. That's nearly 200 different birds!



Mysteries Unearthed with Danny Trejo

DOCUMENTARY Sky History, 10pm

Actor Danny Trejo (above) takes us through some amazing unearthed finds, starting with a Revolutionary War-era ship discovered under the streets of New York.

Full listings start on p75

Thursday 13



EDITOR'S CHOICE

Adolescence

CRIME DRAMA Netflix

With knife crime in the UK on the rise, and teens the most likely victims, this timely drama stars Stephen Graham as a dad whose son is arrested on suspicion of murdering a classmate. *See feature, p4*



The Wheel of Time

FANTASY DRAMA Prime Video

As we rejoin Rand al'Thor (Joshua Stradowski) for Season 3, the Dragon Reborn is struggling to control his increasing power, and faces temptation from the Dark side. *See feature, page 6*



NCIS: Origins

CRIME DRAMA Paramount+

Spin-off prequel of NCIS, starring Austin Stowell (above) as a younger Leroy Jethro Gibbs (Mark Harmon's character in NCIS) during his time as a young agent in 1991. *See Your Watchlist, page 16*



Stacey Dooley: Rape on Trial

FACTUAL BBC3, 9pm & 9.50pm (box set, BBC iPlayer)

This two-parter sees the journalist (above) talk to people who have been affected by rape, and those trying to deal with it.

Full listings start on p85

Friday 14



EDITOR'S CHOICE

Dope Thief

CRIME THRILLER Apple TV+

Brian Tyree Henry (above) and Wagner Moura star as friends who pose as DEA agents to rob drug dealers, but put themselves in danger when they pick the wrong mark. *See Your Watchlist, page 14*



The Electric State

SCI-FI Netflix

Set in alternative, retro-futuristic version of the 1990s, a teenage girl sets off on a journey to find her missing brother. Stars Millie Bobby Brown and Chris Pratt. *See Your Watchlist, page 17*



The Killer Inside: The Ruth Finley Story

CRIME DRAMA Paramount+

This true-crime story stars Teri Hatcher (above) as a housewife in the 1970s who claimed to be tormented by a stalker. But soon dark secrets emerge...



Horizon: An American Saga – Chapter 1

WESTERN Sky Premiere, 11am & 8pm

Kevin Costner's ambitious project (this is the first of four movies) is a classic western of epic proportions, set during the American Civil War. *See review, page 23*

Full listings start on p95



8-14 MARCH 2025

4 Cover story

Stephen Graham in Netflix's knife-crime drama *Adolescence*

6 TV Week

Sally Bretton stars in Channel 5 thriller *The Au Pair*, BBC1's expat drama *Ten Pound Poms* returns for a second series, and period drama *Belgravia: The Next Chapter* comes to ITV3

9 Soap diary

The week's top stories

14 Your Watchlist

Brian Tyree Henry and Wagner Moura headline Apple TV+'s thriller *Dope Thief*

20 Documentaries

Michael Portillo's *Great Continental Railway Journeys*

22 Films

Adrien Brody stars in *The Brutalist*

28 Sport

Cheltenham Festival

35 TV guide

Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon



DON'T MISS AN ISSUE!

Download a digital issue to your tablet or phone

Available on iPad, iPhone and Android devices

You can also subscribe to the magazine at magazinesdirect.com

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: COURTESY OF BEN BLACKALL/NETFLIX © 2024, APPLE TV+. BERNARD WALSH/CHANNEL 5, COURTESY OF NETFLIX, HOTLIST PHOTOS: GETTY

TEENAGE TRAUMA

A 13-year-old is arrested for murder in **Stephen Graham's** knife-crime drama



NEW DRAMA

Adolescence

From Thursday 13 March, Netflix

An increasing number of shocking newspaper headlines reflect the alarming rise in UK knife crime that has blighted the lives of families up and down the country. Now Netflix's timely new drama *Adolescence* aims to shed more light on this epidemic as it follows the experiences of 13-year-old Jamie Miller (Owen Cooper) and his shocked parents when the teenager is arrested on suspicion of murdering a classmate.

The idea for the four-part drama came from *Line of Duty* star Stephen Graham, who co-wrote the script with award-winning writer Jack Thorne, and plays Jamie's traumatised father Eddie.

'We've seen an epidemic of knife crime among young lads, and certain instances that really stick out where young boys were killing young girls,' explains Graham, 51. 'It really hit me hard and I thought: "Why is this happening?"'

While juvenile crime is often linked with gang culture and challenging home environments, Graham says he was keen to depict a typical family at the heart of this tragedy.

'We could have made a drama about gangs and knife crime, or

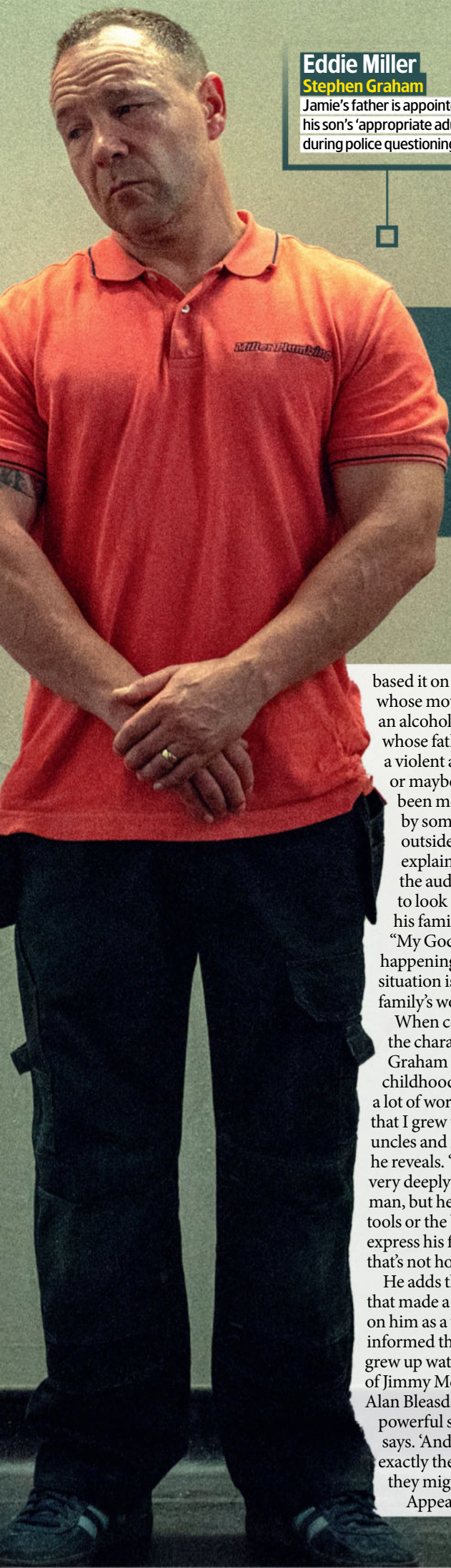
Jamie Miller

Owen Cooper

The 13-year-old is arrested on suspicion of murdering a classmate.

**Psychologist
Briony meets
Jamie**





Eddie Miller

Stephen Graham

Jamie's father is appointed his son's 'appropriate adult' during police questioning.

WHO'S WHO

Manda Miller

Christine Tremarco
Eddie's wife goes to the police station with their daughter.



DI Luke Bascombe

Ashley Walters
The senior investigating officer arrests Jamie in a dawn police raid.



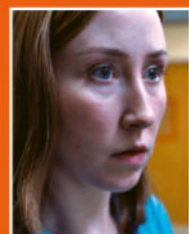
Paul Barlow

Mark Stanley
The duty solicitor arrives at the police station to represent the accused teen.



Briony Ariston

Erin Doherty
The child psychologist is appointed to assess Jamie's mental state.



based it on a kid whose mother is an alcoholic, or whose father is a violent abuser, or maybe he's been molested by someone outside the family,' he explains. 'But I wanted the audience to be able to look at Eddie and his family and think: "My God, this could be happening to us." Their situation is any ordinary family's worst nightmare.'

When coming up with the character of Eddie, Graham drew on his own childhood. 'I based him on a lot of working-class men that I grew up around – my uncles and my friends' dads,' he reveals. 'He feels things very deeply and is a good man, but he doesn't have the tools or the background to express his feelings, because that's not how he was raised.'

He adds that TV dramas that made a big impression on him as a youngster also informed this new project. 'I grew up watching the dramas of Jimmy McGovern and Alan Bleasdale, who dealt in powerful social realism,' he says. 'And Eddie seemed exactly the type of character they might have created.'

Appearing alongside



The duty solicitor with Jamie and Eddie

Graham in the stellar cast are *Little Boy Blue*'s Christine Tremarco as Eddie's wife Manda, *Missing You*'s Ashley Walters as investigating officer DI Luke Bascombe, *Happy Valley*'s Mark Stanley as duty solicitor Paul Barlow, and *The Crown*'s Erin Doherty as child psychologist Briony Ariston.

TRUST EXERCISE

'We know Ashley can play [drug dealer] Dushane in *Top Boy* brilliantly, but I wanted to see him in a role that showed his other side,' says Graham. 'Once he committed to it, he was pushed in a way he's never been pushed before – and the results are on the screen for all to witness!'

Graham recently co-starred with Doherty in boxing period drama *A Thousand Blows* on Disney+, and immediately thought of her for the role of Jamie's psychologist.

'I knew that Erin would have the perfect instincts to play this woman who's very professional, very good at her job and yet, still, so human,' he says. 'There were lots of elements of her that reminded me of my mother, a social worker who had the same level of passion and care for the job. And the role was kind of a tribute to my mum.'

Meanwhile, as the drama unfolds, more and more emerges about Eddie and Jamie's relationship, an aspect that resonated with Graham, who has a son of his own.

'Jamie doesn't get on anywhere near as well as I do with my father, or – thank God – with my own son, Alfie,' he says. 'There is a bit of a disconnect between father and son, although Eddie doesn't want there to be one, but he doesn't know how to bridge the gap. And maybe for this boy, not being able to talk to the grown-ups about his situation is a key part of our story.'

The actor won accolades for his performance as a stressed-out chef in the 2022 film *Boiling Point*, which was shot in one single, continuous take. And across the four episodes of *Adolescence*, which follow Jamie's arrest and initial police interview, the aftermath of the crime at his school, his assessment by a child psychologist, and life at the Millers' home one year later, his team has repeated that ambitious filmmaking feat.

'It's almost like a play,' says Graham. 'It has to be seamless and continuous, and it's such a wonderful process.'

TV WEEK

DRAGON'S destiny

Will **Rand** turn to the dark side as *The Wheel of Time* returns?

NEW FANTASY DRAMA

The Wheel of Time

From Thu 13 Mar, Prime Video (three eps from Thu 13 Mar, then weekly)

Rand al'Thor has finally fulfilled his destiny to become the Dragon Reborn, but he faces a new set of dark, troubling enemies as fantasy drama *The Wheel of Time* returns to Prime Video for a third season.

Based upon *The Shadow Rising*, the fourth book in Robert Jordan's series of novels, the new eight-part run follows on from the climactic finale of the second season, which saw Rand defeat The Dark One's most powerful servant and leader of The Forsaken, Ishamael.

However, as we rejoin the story with an opening triple bill this week, we find Rand (Joshua Stradowski) being pursued by the remaining Forsaken, including Lanfear (Natasha O'Keefe) who tempts him towards the darkness.

'The light and the shadow is what first attracted me to the character of Rand,' says Stradowski. 'When I was reading the books, at a certain point I thought, "Is this hero still the hero?" In this season, he wants to save the world and the people he loves, but at the same time there's a new kind of anger and darkness in him, which is interesting.'

CHOOSING A PATH

It's up to Moiraine, the powerful member of all-female group Aes Sedai, who wield The One Power, to steer Rand to the correct path and lead him towards saving the world.

'This season is four times as good as the last one,' says Rosamund Pike, who plays Moiraine. 'We've intensified all the relationships, we've intensified the jeopardy and we now know the seat of power in the White Tower is crumbling. We

thought that was sacrosanct, but if the most stable thing in the world seems to be crumbling, then where on earth is the world going?'

The troubles of the White Tower are of great concern to the powerful nation of Andor and its queen, Lady Morgase Trakand, played by *The Crown*'s Olivia Williams, who joins the cast this time.

Meanwhile, Moiraine, who's still banished from the White Tower, has more pressing concerns, and with the Aes Sedai stronghold now consumed by mutiny, news of the Dragon Reborn's arrival is beginning to spread far and wide.

'There are other people who want to take control of Rand,' reveals Pike. 'Others want to influence him, guide him, control him and perhaps kill him. That's what Moiraine is up against as she continues to try to fulfil her mission – to deliver him to the last battle and prepare him for it.'

After spending so much time as Moiraine's student, Rand has begun reading prophecies in the hope of making his own decisions. As such, he rejects her suggestion that he head to Tear to take Callandor, a powerful sword that can only be removed from its stone by the Dragon Reborn.

Instead, he travels to the Aiel Waste desert, where his people come from, and leads Moiraine and his old friend Egwene al'Vere (Madeleine Madden) on a life-changing journey through the land.

'The Aiel Waste is a very forbidding, dangerous terrain, with people who are very hostile, very suspicious of outsiders,' says Pike. 'It's a closed community of ruthless, highly trained killers. But within that, they have a very spiritual dimension as well. They have elders, these wise women who are very akin to the Aes Sedai.'



The cast of
The Wheel of Time



From left: Rand, Lan and Moiraine

Lucy Boynton plays Ruth

Rough justice

Ruth Ellis heads into the dock...



Nigel Havers as Justice Havers

DRAMA

A Cruel Love: The Ruth Ellis Story

Wednesday, 9pm, ITV1

The murder trial of Ruth Ellis brings turmoil and conflict for her defence team, as ITV1's factual drama *A Cruel Love* continues this week.

Ruth (Lucy Boynton) has shot dead her abusive lover David Blakely (Laurie Davidson). But her tenacious solicitor John Bickford (Toby Jones) is keen to prove that it was manslaughter rather than murder. He wants to focus on the domestic violence she has suffered, and a miscarriage that may have been caused by Blakely's beatings.

Bickford is also eager to shine a spotlight on one of the witnesses for the prosecution – Ruth's attentive admirer Desmond Cussen (Mark Stanley) – who he suspects provided the gun that nightclub hostess Ruth used.

'The law's not supporting Ruth and it's a completely male context in which this case is being carried out,' says Jones, 58. 'But Bickford thinks Cussen is implicated, that he was an accessory, while Blakely's abuse hasn't been taken into consideration.'

But when the trial gets underway at London's Old Bailey in July 1955, Ruth's defence barrister Melford Stevenson QC (Toby Stephens) ignores Bickford's advice, because he feels dragging Cussen into the frame will make things worse and the crime will seem premeditated. He believes the only way for her to avoid the noose is if they demonstrate that she was provoked into killing Blakely due to hysteria and jealousy over his infidelities.

DODGY DEALS

'Viewers might think Stevenson is inept, but he is trying to get her the best deal possible,' explains Stephens, 55. 'Stevenson doesn't go along with what Bickford is asking him to do because he knows it's not going to wash. But then we see that Stevenson's line doesn't work either.'

When the jury delivers a guilty verdict, presiding judge Justice Havers (Nigel Havers) pronounces the death sentence, and Bickford must embark on a race against time to try to win her a reprieve...

'The speed of the case is startling,' says Jones. 'The perception of Ruth does not correspond with accepted female norms at the time. That makes her a threat and it's an attempt to punish her for who she is.'



Toby Jones as Bickford

Home invasion

A Cotswolds family is **targeted by an evil nanny** in a psychological thriller

NEW DRAMA

The Au Pair

Monday-Thursday, 9pm, Channel 5 (box set, 5 formerly known as My5)

A seemingly perfect au pair wages a campaign of terror against an unsuspecting family in Channel 5's new psychological thriller.

The four-parter is set in the Cotswolds, where seamstress Zoe Dalton (Sally Bretton) lives in a lavish home with her doctor husband Chris (Kenny Doughty) and stepchildren Amber (Margot Puer) and Noah (Ripley Barden), while she also cares for her diabetic father George (Sir David Suchet).

But, as a combination of work and home commitments gets on top of her, Zoe reluctantly agrees to Chris' suggestion that they hire

a nanny/home help.

Efficient Sandrine (*Lupin*'s Ludmilla Makowski), who is French, quickly makes herself indispensable, only to subtly and maliciously begin to cause tension within the household. As matters escalate, danger strikes, leaving Zoe fighting for her sanity and her family's future...

FOREBODING

'Zoe is gentle by nature, and she trusts people around her to make the large decisions,' says Bretton, 44. 'Then you see her slowly tune into her own intuition and find out what she really wants, rather than just pleasing others. The drama is also about holding family dear when there's another woman trying to ruin that. There's something primal about it.'

Sleeping Sandrine bides her time



As Zoe is forced to confront untold horror at the hands of Sandrine, Bretton relished stepping out of her comfort zone after playing Lee Mack's long-suffering wife Lucy in sitcom *Not Going Out* and caring Martha in cosy crime drama *Beyond Paradise*.

'I took this on because I hadn't done anything like it before. There's normally much more lightness in my life, even though *Beyond Paradise*

touches on sensitive issues,' she reflects. 'But *The Au Pair* was a real dash at something very dramatic and I couldn't resist.'

As the series continues, Chris and his children are also drawn into Sandrine's twisted web.

'Chris lost his first wife and then connected to Zoe, who's had a life-threatening miscarriage, but she still wants children, which Chris



Amber (Margot Pae), Zoe (Sally Bretton), Chris (Kenny Doughty), Noah (Ripley Barden) and George (Sir David Suchet) see their lives shattered by home help Sandrine (Ludmilla Makowski)

doesn't think is a good idea,' shares former *Vera* star Doughty, 49.

'Sandrine's arrival unearths a barrage of hidden agendas and catastrophic events, because every character has a secret,' he adds. 'I'm a fan of thrillers like *The Hand That Rocks the Cradle*, *Fatal Attraction* and *Basic Instinct*, and reading this script, I was thinking, "Oh my God!"'

ELDER ABUSE

Even Zoe's father, retired gynaecologist George, is not safe from Sandrine's machinations, and when her true motivations are finally revealed, the pensioner's own complicated history also starts to unravel.

'George is separated from his wife and has found a new life with his lovely daughter. They're close, until things change and we find

out more about George's past,' says Suchet, 78.

'There's a skeleton in his cupboard; he's done the wrong thing for the right reasons, which is costly. In this series, what's on the surface has nothing to do with what's going on underneath – it's dark.'

The actor, best known for playing Agatha Christie's Belgian sleuth Hercule Poirot, leapt at the chance to portray a very different character.

'I've not played many Englishmen – I usually play foreigners! But I felt I knew George. He's more like me than anyone I've played, and that was a lovely challenge,' he smiles.

'Since finishing *Poirot*, I hadn't found anything I wanted to get my teeth into. But this script was a page-turner and Hitchcockian. I couldn't guess where it was going – it's totally unexpected.'

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Tracy and Cassie



CORONATION STREET

Vengeful Tracy offers Cassie drugs

» **Cassie has been** sent to Coventry by most of Weatherfield for her shameful treatment of Ken, who she was supposed to be caring for – not only did she lace the pensioner's brews with antihistamine to make him drowsy and dependent on her, she also treated herself to a few nice bits, courtesy of his credit card.



Ken is more forgiving

On the hunt for a new job, Tyrone's treacherous mum calls at the Rovers to ask Jenny if she has any shifts, but is promptly shown the door. Tracy revels in her nemesis' humiliation, but her good mood plummets when lover Tommy Orpington pitches up and reveals he has accepted

a coaching job in Southampton.

The following day, Tracy is more bitter and twisted than usual. Stewing over Tommy's decision and still annoyed with Ken for refusing to press charges against Cassie, she does a bit of business with a dodgy fella in the ginnel, then summons Cassie to No 1, where she offers the ex-addict drugs.

Will vulnerable Cassie succumb to temptation?

» **PLUS** Carla gets news of Rob's possible death, Speed Daal has a new co-owner, Yasmeen leaves the Street, Eileen wants answers from Julie, Dylan gets high with Brody, and Kit investigates the 'accident' involving David and Daisy.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EMMERDALE



» Steph decides to report Caleb and Ruby to the police (above), Marlon frames Dylan for theft, April's baby is laid to rest, Sarah discovers she's not pregnant after all, Tracy tries to hide her money woes, and Manpreet is on edge.

EASTENDERS

» Nicola (right) battles to protect her secret about Barney's paternity, Harvey shares a kiss with Kathy, Bianca frets about struggling Sonia, Kat's concerned about her son Tommy's new online friend, and Reiss' funeral is held.



chat
Bingo.com
MAG

**It's
Bingo
Time!**

Add £10, get

£30

in Bonuses

The home of great bingo, slingo and slot games!

chatmagbingo.com

New players only. Min dep £10. 200% Bingo Bonus (max £20) + 100% Games Bonus (max £10). Games Bonus wins cap: £100 + initial bonus.
4x Bingo Bonus; 35x Games Bonus wagering req. Five-day expiry. 18+ GambleAware.org. Full T&Cs apply: chatmagbingo.com/#tnc



GAMBLE RESPONSIBLY
Play within your limits

18+

BeGambleAware.org

Our services facilitated by this website are operated by Broadway Gaming Ireland DF Limited, a company incorporated in the Republic of Ireland.
Broadway Gaming Ireland DF Limited is licensed and regulated in Great Britain by the Gambling Commission under the account number 58267.

Kate (centre) has found her son, but faces a dilemma

POMS in paradise?

The expat Brits return for more drama **Down Under**

NEW DRAMA

Ten Pound Poms

Sunday, 8pm, BBC1
(box set, BBC iPlayer)

We're heading back Down Under this week for the second season of *Ten Pound Poms*, the 1950s-set drama about a group of Brits making new lives in Australia.

The first episode of the six-parter picks up where we left off, as Kate Thorne (Michelle Keegan) shares an emotional reunion with her lost son, Michael, after the nurse had travelled across the world to find him.

Meanwhile, Kate's best friend Annie Roberts (Faye Marsay) and her husband Terry (Warren Brown) are struggling to adjust to

life after their teenage daughter Pattie gave birth out of wedlock. Here, Keegan tells us more...

What was it like returning to Australia

It was really nice and because viewers took to the first series, there was definitely a sense of relief, like a weight being

lifted from your shoulders. We knew what to expect this time and the weather was better, so I enjoyed it a lot more.

How hot did

it get while you were filming? It reached 40 degrees a couple of times, but luckily for me I wasn't filming on those days. For the first season, we shot a bit later in the year and it was

very cold, so this time I packed my raincoat – but I didn't need it.

Where do we find Kate as we pick up the story?

Her sole purpose in the first season was to find her son, Michael, who went into a Catholic orphanage and was then sent to Australia. But now she's found him she finds he's actually missing his adoptive parents and his friends. So Kate

is torn between what's best for him and what's best for her.

Kate and Annie are so close. How does their relationship evolve?

As we saw last time, they've really got each other's backs, and even more so now. Kate leaned on Annie quite a lot in the first season, whereas this time Annie's the one who leans on Kate. It's nice to see these two strong women supporting each other.

What were the biggest challenges of filming?

Everyone has a story about a huntsman spider, which aren't poisonous – they're just huge! When I was in make-up someone pointed to an enormous one on the wall and when I looked back later it was gone, so I knew it was in the room somewhere...

'These two strong women support each other'

MICHELLE KEEGAN



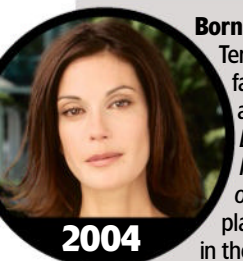
Stars Faye Marsay, Warren Brown and Michelle Keegan

Look Who's Back...

A familiar face appearing in a new role this week

Teri Hatcher

NEW The Killer Inside: The Ruth Finley Story
From Friday 14 March, Paramount+



Born in California, Teri Hatcher found fame in the 1990s as Lois Lane in *Lois & Clark: The New Adventures of Superman*. She played Paris Carver in the 1997 James Bond film *Tomorrow Never Dies* opposite Pierce Brosnan, and won a Golden Globe for playing Susan Mayer in hit drama series *Desperate Housewives* (2004-12). More recent credits include a guest role in *Fantasy Island*.

HER NEW ROLE

This week, Hatcher stars in a chilling one-off drama set in the 1970s and based on the true story of Ruth Finley. Ruth, from Kansas, receives threatening letters while her husband Ed (Tahmoh Penikett) is in hospital and panics that they could be from the BTK serial killer who is terrorising women. But when Ruth is abducted, investigators wonder if it could be an elaborate hoax. 'It's the first time I've ever played a real person in a true story,' says Hatcher. 'It's crazy and compelling'



Teri Hatcher as Ruth

TV WEEK

Marital woes

NEW DRAMA

Belgravia: The Next Chapter

Sunday, 9pm, ITV3 (box set, ITVX)

Romance and buried trauma within Victorian London's high society are at the heart of ITV3's costume drama *Belgravia: The Next Chapter*.

The eight-part series is a follow-up to 2020's *Belgravia*, which was adapted by Lord Julian Fellowes from his own novel and centred on the nouveau riche Trenchards. Now, the new run, set in 1871, 30 years on, is executive produced by Fellowes but written by Helen Edmundson, and focuses on the Trenchards' brooding grandson Lord Frederick Trenchard (Benjamin Wainwright).

Darks secrets cause turmoil for a young couple in a lavish **period-drama sequel**

Businessman Frederick's life has been overshadowed by the cruelty of his father Oliver (played once more in flashback by Richard Goulding), who, unbeknown to his son, loathes the fact that Frederick is really the product of an affair between Oliver's wife Susan and villainous John Bellasis (Alice Eve and Adam James, who also reprise their roles).

But spirited Clara Dunn (Harriet Slater), who has moved to London with her sister Emily (Hannah Onslow) and their widowed mother (Sophie Thompson), soon catches Frederick's eye.



From left: Emily Dunn, Reverend James Trenchard, Mrs Dunn, Nell, Dr Stephen Ellerby, Frederick Trenchard, Clara Trenchard, Marquise d'Etagnac and Giovan-Lucca Nicoli

Death trap

Clarke Peters is caught up in intrigue and murder

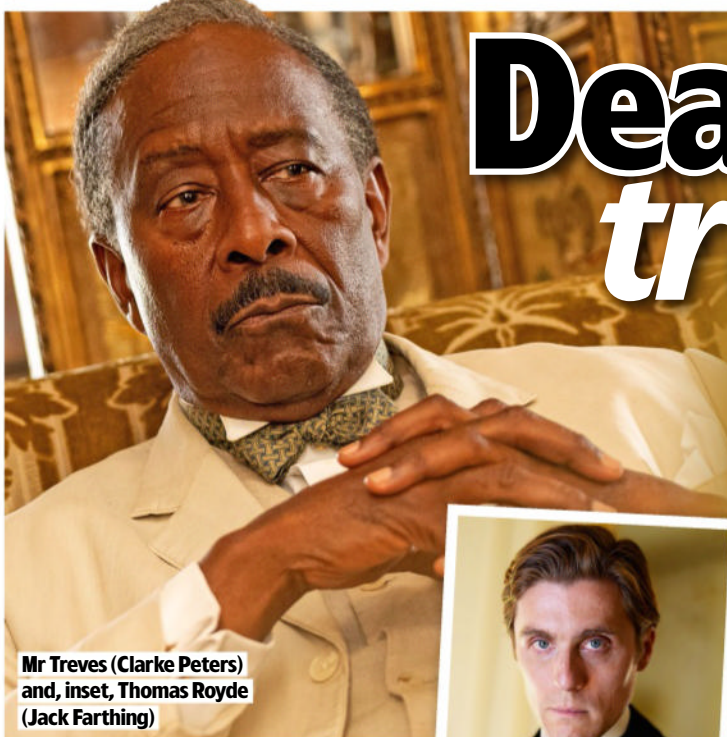
DRAMA

Towards Zero

Sunday, 9pm, BBC1

In the opening episode of Agatha Christie adaptation *Towards Zero*, upper-crust Lady Tressilian reflected, 'Why have a husband when you can have a lawyer?'

As the series continues, stalwart family attorney Mr Treves (Clarke Peters) is certainly proving his worth,



Mr Treves (Clarke Peters) and, inset, Thomas Royde (Jack Farthing)



'Frederick's solitary but is enamoured by Clara. It's frightening to let someone into his life because of his past. But he needs love,' says Wainwright, whose credits include *World on Fire*. 'Clara's a breath of fresh air.'

As Frederick and Clara marry, however, Frederick's trauma over his upbringing threatens their relationship, while Clara becomes intrigued by the bohemian social circle of forward-thinking Dr Stephen Ellerby (Edward Bluemel).

'Clara thinks Frederick's perfect but cracks show and it's turbulent. She also feels an outsider because

it's a step
up from
what

she's used to,' teases *Pennyworth*'s Slater. 'But she gains confidence, and fights for what she believes in.'

As their marriage goes through ups and downs, the couple also become entangled with host of colourful figures in the elite enclave of Belgravia, from enigmatic French exile the Marquise d'Etagnac (Claude Perron) to the influential Duke and Duchess of Rochester (Miles Jupp and Sophie Winkleman).

Meanwhile, the Trenchards' servants, including stoic butler Enright (Gerard Horan), mysterious maid Nell (Lauren McQueen), loyal lady's maid Davison (Elaine Cassidy) and unsettled valet Fletcher (Liam Garrigan) have problems of their own.

'We're in the upper echelons of society but we also take a wider approach and there's a diversity of characters,' explains Wainwright. 'They're vivid, so despite the corsets and stiff collars, it feels modern.'



when he steers the no-nonsense lady of the manor, played by Anjelica Huston, through increasingly turbulent waters at her seaside home, Gull's Point.

'Mr Treves is Lady Tressilian's confidant and knows the secrets she'd prefer not to deal with,' says *The Wire* star Peters, 72. 'If he were ever put on the stand, he could probably bring this family to ruin.'

With frail Lady Tressilian confined to her bedroom, Mr Treves keeps a watchful eye on her guests, as her tennis-star nephew Neville (Oliver Jackson-Cohen) continues to whip up jealousy by lavishing attention on both new wife Kay (Mimi Keene) and his ex Audrey (Ella Lily Hyland).

Meanwhile, Lady Tressilian's nephew, Thomas (Jack Farthing), is begging her for money because his Malayan rubber plantation is ruined, and he threatens to expose a devastating story from the family's

past if she won't help him. At her wits' end, Lady Tressilian calls on Mr Treves to oversee changes in her will.

'Mr Treves is someone who knows where the money's hidden and who wants what. He empathises with Thomas and he also understands Neville and Audrey's relationship,' explains Peters.

The steamy romantic entanglement between Neville, Audrey and Kay takes a fresh turn as they all go dancing. Back at the house, Neville and Audrey are caught in a compromising position, which leads to an explosive row.

Later that night, a horrific murder takes place, plunging the family into further crisis. As accusations fly, can Mr Treves protect them?

'It becomes a complicated whodunnit,' says Peters. 'It's about infidelity, selfishness and greed – and what happens when you hide secrets and they fester.'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...



NEW

Chess Masters: The Endgame

Monday, 8pm, BBC2

Sue Perkins hosts this new chess competition series that sees 12 of the UK's best amateur players battle to be champion. The contestants play a series of speed chess games and puzzles under the watchful eye of grandmaster David Howell and *Traitors* star and chess coach Anthony Mathurin. 'We have this image of chess players silently moving their pieces around but there's lots of gamesmanship and trash-talking,' says Perkins (above with Howell, left, and Mathurin). 'It all gets quite spicy.'



NEW

The Righteous Gemstones

Wednesday, 9pm, Sky Comedy

As **unscrupulous televangelists** the Gemstones return for a fourth and final season, Eli (John Goodman) is drinking his life away, and Baby Billy (Walton Goggins) is writing a TV series about a teenage Jesus. 'The Lord spoke to me and said it's time to wrap this sucker up,' says series creator and star Danny McBride. 'Expect some incredible pay-offs in a wild final season.'



NEW

Matlock

Tuesday, 9pm, Sky Witness

Jacobsen Moore reopens for business as the legal drama returns from a mid-season hiatus. This week, Matty (Kathy Bates, left) helps Olympia take on a wrongful termination case. Meanwhile, Matty's husband worries that the firm could uncover her real identity as she continues her quest to find out who was culpable in her daughter's death.



The White Lotus

Monday, 9pm, Sky Atlantic

The action moves away from the resort this week as Jaclyn (Michelle Monaghan, left) takes her friends out in search of some fun – but they soon discover that they are unprepared for Thailand's Songkran bustling national holiday. Meanwhile, Chelsea cajoles Rick into joining her on a super-yacht before he heads to Bangkok, but she's frustrated that he still refuses to open up to her.

WATCHLIST

YOUR

NETFLIX

prime

BBC
iPLAYER

Disney+

4

sky
box sets

NOW

Apple TV+

Brian Tyree Henry
and Wagner Moura
as Ray and Manny

Brian Tyree Henry and
Wagner Moura are
small-time grifters who fall
foul of a ruthless cartel

Nowhere to RUN

Apple TV+ **Dope Thief**

NEW Available: **Friday 14 March**
Genre: **Drama** Season: **1** Eps: **8**
(first two episodes from Fri 14 Mar, then weekly)

A botched side hustle turns into a life-or-death situation when petty criminals and long-time friends Ray (Brian Tyree Henry) and Manny (Wagner Moura) rob the wrong house in Apple TV+'s tense new Philadelphia-set drama series, *Dope Thief*.

The small-time grifters regularly pose as DEA agents in order to steal cash and drugs from 'trap houses' – properties being used to sell or manufacture drugs. But the robbery of an out-of-town house is their downfall when they accidentally stumble upon the biggest stash of drugs on the East Coast, leaving behind a trail of destruction and a very angry cartel.

'Ray and Manny have a relationship that extends beyond this grift,' Henry explains. 'They've been incarcerated since they were 15 and have been each other's rock. Now their lives are at stake...'

MALE BONDING

While the pair desperately try to outrun the drug lords, they also put their loved ones in danger, including Ray's stepmum Theresa (Kate Mulgrew) and Manny's girlfriend, Sherry (Liz Caribel Sierra).

But for all the action and violence involved, the drama places Ray

and Manny's friendship at its core.

'There's not one part of each other that they don't know,' adds *Atlanta* star Henry. 'In a day and age where toxic masculinity is screaming from every rooftop, *Dope Thief* shows a tenderness between these two men. It was important to show what true love looks like, especially between men who've been hardened by life.'

'They come from a similar background,' shares Moura, best-known for his role as Colombian drugs kingpin Pablo Escobar in *Narcos*. 'A Black man and a Latino man who didn't spend time with their parents, who spent time



Kate Mulgrew
as Theresa



'Dope Thief' shows a tenderness between these two men'

BRIAN TYREE HENRY

in prison, and who are addicts. But they're very different characters.'

Moura was drafted in to replace *Better Call Saul's* Michael Mando, who reportedly left after an altercation on set.

'I got a call from [executive producer] Ridley Scott on the Friday before the drama started filming on the Monday,' he recalls. 'I wanted to work with Ridley, but I'm an actor and I take preparation seriously. But after speaking to the producers, I was like, "OK, I'm doing this."'

In fact, Moura didn't meet his co-star until they were filming their first scene.

'We were in costume and about to storm the trap house,' Henry recalls. 'Wagner pulled me into a green room, we locked the door, latched onto each other's forearms and introduced ourselves to each other. Now, we really love and care for each other and we will for the rest of our lives.'

WORDS: CAREN CLARK, JUDY EVANS, ELAINE PENN. PHOTOS: APPLE TV+, GETTY/NETFLIX, PARAMOUNT+, ©2025 DISNEY+ AND ITS RELATED ENTITIES

+ What we're watching...

The shows being enjoyed by the TVSW team



Will Trent

Genre: **Crime drama** Season: **3**
Episodes: **18 (released weekly)**

The engaging, deftly written crime drama is back for a third season with troubled, dyslexic and pathologically scrupulous Georgia Bureau of Investigation special agent Will Trent (Ramón Rodríguez, left) in Tennessee, where he fled six months ago following the heartbreak of the previous season. But he is persuaded to come back to Atlanta after an old friend is accused of murder. *Jane the Virgin's* Gina Rodriguez makes a welcome addition to an already winning ensemble cast as assistant district attorney Marion Alba.



La Dolce Villa

Genre: **Romcom**
Episodes: **One-off**

Scandal's Scott Foley (right) plays a successful businessman who goes to Italy to stop his daughter from buying a rundown villa only to fall for the town's mayor (Violante Placido) in a feel-good romance.



Yellowjackets

Genre: **Thriller**
Season: **3** Episodes: **10 (released weekly)**

The thriller about a high school girls' soccer team surviving in the wilderness after a plane crash in 1996, which also shows their lives 25 years later, returns for a shocking and brutal third season.



+ Now in production...

Three upcoming shows to look out for soon



Paradise

There's to be a second season of this sci-fi/political thriller which stars Sterling K. Brown (above) as Secret Service Agent Xavier Collins. He's been carrying out a complex investigation into the murder of the US President within a post-apocalyptic community.



Extraction

In an eight-part Netflix spin-off from the action-packed films, Omar Sy (above) plays a dogged mercenary, who is tasked with trying to save a group of hostages in Libya. But he finds himself caught between rival factions and some determined enemies.



Suspect: The Shooting of Jean Charles de Menezes

This true-life drama portrays the 2005 killing of the Brazilian electrician who was mistaken for a terrorist by police. Conleth Hill (above) plays Met Police Commissioner Sir Ian Blair.

Leroy Jethro Gibbs
(Austin Stowell)



Starting out

Austin Stowell plays a young Gibbs in an *NCIS* prequel series

Paramount+ **NCIS: Origins**

NEW Available: **Thursday 13 March**
Genre: **Crime drama** Season: **1**
Episodes: **18** (first two episodes from Thursday 13 March, then released weekly)

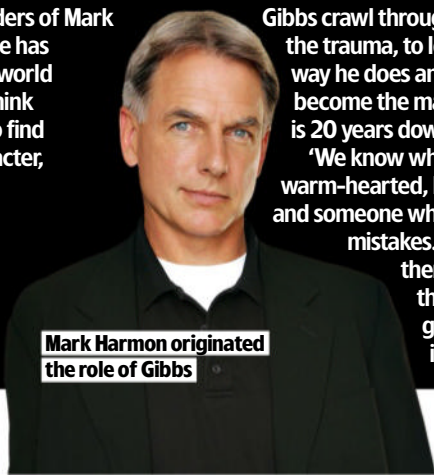
Long-running crime drama *NCIS* has already spawned four spin-off series set in Los Angeles, New Orleans, Hawaii and Sydney. Now, the hugely successful franchise is going back to the beginning with Paramount+'s *NCIS: Origins*, which digs into the early career of the Naval Criminal Investigative Service's Leroy Jethro Gibbs.

Mark Harmon starred as Gibbs for 19 seasons of *NCIS*, so Austin Stowell, who plays a younger version of the beloved investigator in the new show, knows he has big shoes to fill.

'I'm standing on the shoulders of Mark Harmon,' says Stowell, 40. 'He has created a character that the world has fallen in love with. So, I think it's really important for me to find what is the core of that character, what was on the inside.'

BACKSTORY

Harmon is heavily involved in the latest spin-off. He narrates, is an executive producer and makes a



Mark Harmon originated the role of Gibbs



Mariel Molino as special agent Cecilia 'Lala' Dominguez

cameo appearance in the first episode which opens in 1991 with former US Marine sniper Gibbs just back from Desert Storm and grieving the deaths of his murdered wife and daughter.

As the bereaved rookie agent is finding his feet in the naval-investigation office, he is taken under the wing of special agent Mike Franks (Kyle Schmid in the role originated by Muse Watson).

'In terms of character, we're going to see Gibbs crawl through the muck, go through the trauma, to lose a wife and a child the way he does and then to come back and become the man that you know that he is 20 years down the line,' says Stowell.

'We know who Gibbs becomes – this warm-hearted, loyal but justified man, and someone who has made tons of mistakes. But how did he get there? That journey is one that I think people are going to be really interested to see.'

Ola Labib



Dose of humour

A comedy short that's just what the doctor ordered...



The Pharmacy

NEW

Available: **Monday 10 March**
Genre: **Comedy**

They say laughter is the best medicine, and that's certainly the case as we meet the oddball workers at a local chemist's shop in Channel 4's comedy short *The Pharmacy*.

Written by and starring pharmacist-turned-comedian Ola Labib, the one-off delves behind the counter of Pye's Pharmacy, where put-upon pharmacist Lola (Labib) dispenses all manner of pills, painkillers and pile cream to patients.

'I wanted to explore what it's really like working in a community pharmacy – we're not just selling reading glasses for 99p, we're actually saving lives,' says Labib. 'You could say the show is a bit like *The Office*, but even crazier.'

Helping Lola keep things running are Zein (Nabil Abdulrashid), who prides himself on delivering service with a smile, Harry (Finlay Christie), whose parents own Pye's and who dreams of becoming a grime artist, and Margaret (Sue Vincent), Lola's right-hand woman who is prone to making inappropriate comments.

'The NHS is incredibly diverse and I'm happy to educate and tackle stereotypes with humour in the hope that people will try to do better,' says Labib. 'I want to show that, regardless of race, religion or gender, we're all just normal people dealing with the same headaches as everyone else.'



From left: Zein, Harry, Lola and Margaret

Chris Pratt and
Millie Bobby Brown

NETFLIX The Electric State

NEW Available: **Friday 14 March**
Genre: **Sci-fi fantasy**

What happens when robots revolt? Millie Bobby Brown and Chris Pratt find out the hard way when they face the ultimate AI uprising in this sci-fi epic set in an alternative, dystopian version of the 1990s.

Directed by brothers Anthony and Joe Russo of *Avengers: Endgame* fame, the film is based on Simon Stålenhag's 2018 graphic novel and follows the aftermath of a catastrophic war between sentient robots and humanity, in which teenager Michelle (Brown) lost her entire family.

But when a gentle, cartoonish bot called Cosmo turns up at her foster home and claims to be controlled by her brother, Christopher (Woody Norman), Michelle sets off across the abandoned American southwest in search of answers.

As she teams up with oddball smuggler Keats (Pratt) and his wisecracking mechanical sidekick, Herman (voiced by Anthony Mackie), they venture into the walled wasteland where robots now live in exile. Can the animatronic inhabitants help Michelle find her beloved brother?

PERFECT PARTNERSHIP

'I'm a huge Russo brothers fan, and they invited me onto the *Avengers* set when I was working on *Stranger Things*', says Brown. 'I love anything to do with the 90s, too, and I knew working with Chris would be a joy. I have a lot of energy and sometimes tone myself down when I meet my new co-stars, but the second I met Chris, he acted as if he'd known me my whole life.'

Stanley Tucci stars as tech genius Ethan Skate, while Ke Huy Quan plays brilliant scientist Dr Amherst, and Giancarlo Esposito is the enigmatic Colonel Bradbury.

A stellar voice cast brings the robots to life, including Woody Harrelson as Mr Peanut, Brian Cox as Pop Fly, Hank Azaria as Perplexo, Jenny Slate as Penny Pal and Alan Tudyk as Cosmo.

'Making a film with the Russos feels like a family affair', says Pratt, who reunites with the brothers after starring in *Avengers: Infinity War* and *Endgame*. 'I loosely based Keats on my neighbour growing up. He was the coolest dude in the world.'

WIRED for war

Chris Pratt and Millie Bobby Brown face
a robot rebellion in a dystopian America

+ EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



iPLAYER Dope Girls

Widowed Kate (Julianne Nicholson, above left) is drawn into the Soho underworld when she reunites with her estranged daughter Billie (Umi Myers) in BBC1's 1918-set period drama, but a shocking encounter with a gangster takes a deadly turn.



U Bergerac

In U&Drama's reimagining of the Jersey-set crime drama, alcoholic cop Jim Bergerac (Damien Molony, above) investigates the murder of an entrepreneur's daughter-in-law, but a face from his past makes a surprising accusation.



sky box sets **NOW** Small Town, Big Story

Sky's comedy drama sees TV producer Wendy (Christina Hendricks, above right) go home to Ireland, where she must force her ex, Séamus (Paddy Considine), to address their alien abduction.



sky box sets **NOW** David Frost Vs

A revealing Sky series explores how late broadcaster David Frost (above, centre) captured key moments in history, including his many interviews with the Beatles, who, in 1968, introduced their hit *Hey Jude* on *Frost on Sunday*.

**Woman's
Weekly**
LIVING SERIES

ROYALS

Only £2.80
March 2025



DIANA'S JEWELS
The surprise gift to
her granddaughter



**PALACE
DAYS OUT**
not to miss



Meet Athena!
The tiniest royal
newborn **EVER**

Our King & Queen

How their love endured through six decades

20th
anniversary
special

ON SALE NOW

AT ALL GOOD
NEWSAGENTS AND
SUPERMARKETS

+ Pick of the new releases

The best new shows to enjoy this week on streaming services...

ITVX **Belgravia: The Next Chapter**

Sunday 9 March

The period-drama sequel picks up the story in 1871, 30 years after the events depicted in *Belgravia*, which aired on ITV1 in 2020. It follows the courtship of Lord Frederick Trenchard (Ben Wainwright) and Clara Dunn (Harriet Slater), a newcomer to London society. Also showing weekly on ITV3 (Sunday, 9pm). See feature, page 12.

4 **The Pharmacy**

Monday 10 March

Comedy created by comedian and pharmacist Ola Labib and set in a Wigan pharmacy where the staff are tempted by the pills they serve their customers while also dealing with high stress and low pay. See feature, page 16.



American Manhunt: Osama bin Laden

NETFLIX **American Manhunt: Osama bin Laden**

Monday 10 March

Docuseries on the decade-long mission to capture Osama bin Laden, founder of al-Qaeda, the organisation behind the 11 September attack. It features interviews with CIA insiders.

viaplay **Like Tears in Rain**

Monday 10 March

All his life, actor Rutger Hauer kept the outside world at arm's length, but his god-daughter, director Sanna Fabery de Jonge, was one of the few in his inner circle. In this documentary, through private, never-before-seen footage, she reveals the man behind the roles he played. The title is taken from the final words of Hauer's character, Roy Batty, in 1982's *Blade Runner*.

NETFLIX **Everybody's Live with John Mulaney**

Wednesday 12 March

Chat show hosted by comedian John Mulaney which is a follow-up to his live comedy show *Everybody's in LA*. Only *Murders in the Building's* Richard Kind and food-delivery robot Saymo feature.

Disney **Tracker**

Wednesday 12 March

Part two of the second season of the action drama, rewardist Colter Shaw (Justin Hartley) gets a new lead in the missing persons' case of Gina Picket.

Amazon **NCIS: Origins**

Thursday 13 March

Austin Stowell stars as a young Leroy Jethro Gibbs in this *NCIS* prequel. In 1991, Gibbs starts working as a probationary special agent at the NIS (Naval Investigative Service), later renamed *NCIS*. Mark Harmon, who played the older Gibbs in *NCIS*, narrates. See feature, page 16.

prime **The Wheel of Time**

Thursday 13 March

In the third season of the fantasy drama, Moiraine (Rosamund Pike) and Egwene (Madeleine Madden) will stop at nothing to prevent Rand (Josha Stradowski) from being tempted towards the darkness. See feature, page 6.

NETFLIX **Adolescence**

Thursday 13 March

British drama created by *Toxic Town's* Jack Thorne and Stephen Graham who also stars. A family's world is turned upside down when their 13-year-old son is arrested for the murder of a classmate. See feature, page 4.



Disney **Grey's Anatomy**

Friday 14 March

The 21st season of the medical drama is back from its winter break with the aftermath of the convenience-store shooting bringing chaos to Grey Sloan Memorial Hospital.

NETFLIX **Love is Blind: Sweden**

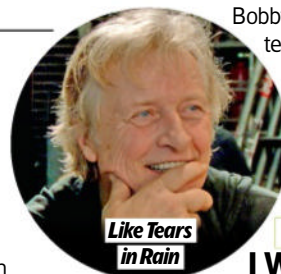
Thursday 13 March

The second season of the Swedish reality dating show, hosted by Jessica Almenäs. Singletons looking for love propose marriage without having set eyes on each other.

itv4 **Dope Thief**

Friday 14 March

Crime drama. Two Philadelphia friends pose as drug enforcement agents to confiscate drugs and cash from low-level dealers but find themselves in a life-and-death situation when it turns out they have actually targeted a large narcotics operation. Brian Tyree Henry, Wagner Moura, Kate Mulgrew and Ving Rhames star. See feature, page 14.



Like Tears in Rain

Amazon **The Killer Inside: The Ruth Finley Story**

Friday 14 March

Desperate Housewives' Teri Hatcher stars in a thriller based on true events. She plays Ruth Finley, a housewife living in Wichita, Kansas who, after her husband Ed (Tahmoh Penikett) has a heart

attack in 1978, reports that she is being stalked. With the notorious BTK killer terrorising the area, Ruth is convinced she will become his next victim. See *Look Who's Back*, page 12.

NETFLIX **The Electric State**

Friday 14 March

Sci-fi adventure film starring Millie Bobby Brown as an orphaned teen hitting the road with a robot and a drifter (Chris Pratt) to find her genius younger brother who she thought was dead. See feature, page 17.

4 **All This I Will Give to You**

Friday 14 March

French murder-mystery drama from Walter Presents. When the owner of a wine estate and family castle is found dead in the hills of Provence, his husband, Manuel (David Kammenos), suspects he was murdered and embarks on a search for the truth.

Disney **Bill Burr: Drop Dead Years**

Friday 14 March

One-off, hour-long special from the American stand-up comedian. In it, he offers dating advice and gives his take on male sadness.

NETFLIX **Temptation Island**

Wednesday 12 March

Brand-new version of the American reality show, hosted by Mark L. Wahlberg (not to be confused with Hollywood star Mark Wahlberg). Four couples, each at a crossroads in their relationship, travel to a tropical island where their fidelity is tested.



Documentaries



Back on track

Michael Portillo explores more of Europe's historic regions by train



Strike! The Village That Fought Back

Thursday, 9pm, BBC2

During the 1980s miners' strike, workers at Scotland's Polmaise Colliery went on strike for 56 weeks in a bid to save the last village pit north of the border. This film hears from miners, including Jim O'Hare (above), their families and journalists who covered the story. Previously shown on BBC Scotland.

The Americas

Sunday, 6.15pm, BBC1

Focusing on the wildlife of Mexico, episode two reveals how baby pygmy owls living in the Sonoran Desert risk being eaten by waiting snakes while taking their first flight. There's also rare footage of orca hunting bottlenose dolphins, plus a brightly coloured orchid bee searching for a mate.



Steven McRae: Dancing Back to the Light

Friday, 9pm, BBC2

In October 2019, Steven McRae (above), the principal dancer with London's Royal Ballet ruptured his Achilles tendon while in the middle of a live performance. This one-off documentary follows the highs and lows of his intense rehabilitation programme, as he fights his way back to fitness.

NEW TRAVELOGUE

Great Continental Railway Journeys

Monday-Friday, 6.30pm, BBC2

There are stunning cities to explore and rich histories to reveal when Michael Portillo embarks on a new series of his *Great Continental Railway Journeys*.

Over the course of four weeks and 20 episodes, his itinerary takes him through Bosnia and Herzegovina, Norway, Denmark, Switzerland, Normandy and Brittany. But his travels begin in Croatia, in the region of Istria and the historic port of Pula.

'Pula is magnificent, and its location on the Adriatic peninsula once made it a prized possession for different empires, including the Romans and Habsburgs. You see evidence of that history everywhere in the town,' says Portillo.

'The first place I visit is the beautifully preserved Roman amphitheatre where gladiatorial contests took place 2,000 years ago. I met a group of men who do gladiatorial re-enactments who were covered in cuts, bruises and scars. One of them put me in some armour and started bashing me over the head with a sword!'

Later, the former Tory MP travels north by train to the town of Vodnjan where he alights at the historic station built in 1876.

'The stationmaster showed



Portillo visits Switzerland later in the series

me the ropes and gave me a beautiful stationmaster's peaked hat which I brought back as a souvenir,' he smiles.

BALKAN WONDERS

Portillo also explores the olive groves that characterise the region and learns why its olive oil is rated among the best in the world.

'The olives used today are varieties that have been grown in Istria for centuries, nurtured by the cool climate and red chalky soil – they have a really intense flavour,' he explains.

His Croatian exploration rounds off on the islands of Brijuni with a visit to the summer residence of former Yugoslavia dictator President Josip Broz Tito, who died in 1980.

'I love every single thing about making these railway series,' concludes Portillo. 'I think the reason they've proved so popular with viewers is because people love facts and we dig into not just the history but the culture and people of each region we visit. If they were just about trains, they wouldn't have lasted on air for so long!'



The Great School Swap: UK to USA

Tuesday, 8pm, C4

Teenagers from a south London school swap places with their counterparts from the town of Mena, Arkansas, in America's Bible Belt. The first episode sees the American teens confront difficult truths in multicultural London while the Brits learn about Mena's racist past.

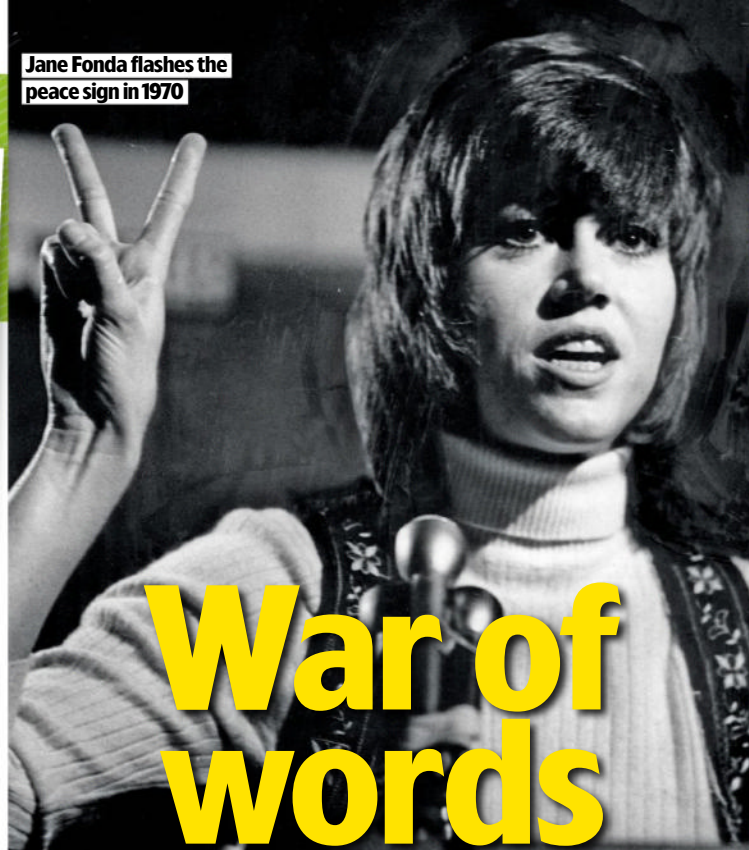


Michael Sheen's Secret Million Pound Giveaway

Monday, 9pm, C4

Actor and campaigner Michael Sheen has used his own money to write off the personal debt of hundreds of people in Wales. Cameras follow his ongoing campaign to highlight the problem of unaffordable credit, and lobby the government for the introduction of a fairer credit system.

Jane Fonda flashes the peace sign in 1970



War of words

A look back at David Frost's interviews with actor-activist Jane Fonda

LAST ONE FACTUAL

David Frost Vs

Sunday, 9pm, Sky Documentaries & Sky Showcase

Hollywood star Jane Fonda was a pin-up of 1960s America thanks to box-office hits including sci-fi fantasy *Barbarella* and Great Depression drama *They Shoot Horses, Don't They?*

However, this week's final episode of *David Frost Vs* focuses on the actor's political activism, which saw Fonda use her fame to campaign against racism and the Vietnam War.

Over time, her outspoken views made her the focus of media hostility and brought her to the attention of US President Richard Nixon's administration, which was afraid of her influence among the young GIs fighting in Vietnam, who saw her as a sex symbol.

In 1970, Fonda was arrested on her way home from an anti-Vietnam War speaking engagement in Canada on trumped-up drug smuggling charges (her luggage simply contained vitamins). She also visited Hanoi in communist North Vietnam in 1972, which at the time was seen as a treasonous act.

At the height of her activism, Fonda

– the daughter of actor Henry Fonda – appeared on *The David Frost Show* in 1969 and 1971, where she opened up about the issues that meant so much to her.

'Dad was tackling the most complex issues of the time, so for this programme we explore the protests against Nixon's administration through Dad's interviews with Fonda,' says Frost's son, the Sky News presenter Wilfred Frost.

'What we know now is that because of the type of people Dad had on his show, the Nixon White House and the FBI were monitoring *The David Frost Show*. Dad never knew that.'

During another candid 1978 interview with Frost, Fonda claimed she had no regrets about her political campaigning, and today, at the age of 87, the *Grace and Frankie* star remains a vocal protester, recently highlighting the US government's inaction on climate change.

The series will return later in the year with three more episodes, including an episode devoted to

Sir Elton John, with the possibility of more coming in the future.

'It's been a lot of work and quite emotional for me,' says Wilfred. 'But it's been the single greatest privilege of my professional life.'



Fonda in the cult 1968 sci-fi *Barbarella*

Films Our pick of this

THE BRUTALIST

Adrien Brody
delivers a stunning
performance in this
monumental epic

MOVIE OF
THE WEEK



Boxed in: Guy,
Adrien and Felicity

PERIOD DRAMA

Available now, to buy or rent from digital stores
including Sky Store and Prime Video ★★★★★

This three-and-a-half-hour drama about the struggles of an immigrant architect in postwar America is wildly ambitious and fittingly monumental. In the course of a narrative spanning decades and continents, director Brady Corbet constructs a convincingly sturdy fictional biopic of his character László Tóth, a

traumatised Jewish-Hungarian Holocaust survivor – played with anguished intensity by Adrien Brody – who is striving to remake his life in the US. And, as Corbet builds up his depiction of this uncompromising modernist, he also carries out a powerful demolition job on the myth of the American dream.

With his wife Erzsebet (Felicity Jones) still stranded in Europe, Tóth gains a foothold in his new country courtesy of his assimilated, entrepreneurial cousin, Attila (Alessandro

Nivola), but it isn't until he finds a patron in wealthy industrialist Harrison Lee Van Buren (Guy Pearce) that he sees the possibility of achieving his architectural dreams.

Former child actor Corbet made a striking mark with his first two films as a director, *Childhood of Leader* and *Vox Lux*. *The Brutalist* finds him working on a much grander scale and, with towering acting, cinematography, score and set design to match, the results are incredibly impressive. 2024, 15, 215MIN

STAR RATINGS ★★★★★ Excellent ★★★★★ Very good ★★★ Good ★★ Average ★ Poor

week's Best Movies

THRILLER

Blood for Dust

Saturday, 11.15am & 8pm, Sky Premiere ★★★

An impeccably filmed neo-noir, we're whisked to the wintry, desolate places in the US north-west of the early 1990s, where forlorn, beaten-down salesman Scoot McNairy is barely scratching a living. When dodgy ex-colleague Kit Harington (with a commendable American accent) offers him a way out – running drugs – so begins a grim and grimy descent involving sadistic Mob boss Josh Lucas and a plot that twists in on itself before the inevitable bloodshed ensues. What helps keep director Rod Blackhurst's thriller engaging are stand-out turns by McNairy and Harington, with some superb cinematography combining astonishing landscapes with down 'n' dirty stripclubs. It's a slowburn that doesn't add up to an awful lot, but still makes for an engaging watch. 2023, 15, 98MIN



Bag men: Josh, Scoot and Kit



On the range: Kevin

WESTERN

Horizon: An American Saga – Chapter 1

Friday, 11am & 8pm, Sky Premiere ★★★★★

As star and director, Kevin Costner is back with a gargantuan project, *Horizon: An American Saga*, a classical horse opera in the John Ford mould that will reportedly span four films. A kaleidoscopic ensemble piece, *Chapter 1* is set during the time of the American Civil War, following white settlers

across Wyoming and Montana as they make their way to a town called Horizon. The environment proves to be a hostile one. Among those facing the carnage is Frances (Sienna Miller), who hides with her daughter as their house is torched. Others include tough-as-nails women played by Jena Malone and Abbey Lee, the latter a single mother who eventually finds her way to Costner's veteran cowpoke Hayes Ellison. Meanwhile, the due attention paid to the indigenous characters is hopefully a sign of more to come. 2024, 15, 181MIN

ACTION THRILLER

Sisu

From Wednesday, Netflix ★★★

Lapland, 1944: a veteran soldier-turned-pro prospector (Jorma Tommila) runs into a vicious SS platoon. Led by Aksel Hennie and Jack Doolan, the Nazis want the gold he's found and relentlessly pursue Tommila across the bleak

terrain. Wearing its influences (*Rambo*, *John Wick*, *Inglourious Basterds*) on its blood-splattered sleeve, writer-director Jalmari Helander's film is both pulse-racing fun and utterly ludicrous. At times it's so far removed from reality tension evaporates, but you can't help rooting for the near-silent, indestructible Tommila (as well as his cute little dog). 2022, 15, 88MIN

Not beaten yet: Jorma



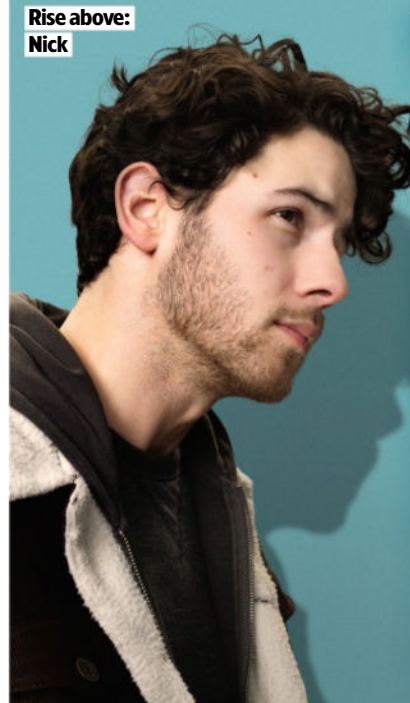
Rise above: Nick

COMEDY DRAMA

The Good Half

Sunday, 9.20am & 9.45pm, Sky Premiere ★★★

Unable to cope with the death of his mother (Elisabeth Shue), Nick Jonas' Renn is in almost complete denial about the loss. Travelling back to Cleveland, he meets (rather too) quirky Zoey (Alexandra Shipp), who helps keep him afloat during the funeral process. A perceptive take on grieving and loss, this has a fine performance from Jonas, as well as from Brittany Snow playing his sister, David Arquette as his self-centred stepdad and Matt Walsh as his broken father. Nothing new is said here, but it's done in a way that's both amusing and heartfelt. 2023, 15, 96MIN



Films

ANIMATION

Mufasa: The Lion King

Available now, to buy or rent from digital stores

★★★

Disney digs still deeper but fails this time to come up with cinematic gold as it continues to mine its back catalogue of classics with this prequel to the 2019 remake of its 1994 musical adventure about an orphaned lion cub's quest to claim his rightful crown.

The new film boasts an impressive pedigree. It's directed by Barry Jenkins, maker of 2016's Oscar-winning *Moonlight*, and has songs by *Hamilton* creator Lin-Manuel Miranda. Even so, it's disappointing. That's partly because Miranda's tunes are forgettable and partly because the film's photorealistic CGI, while dazzling, looks decidedly odd whenever the animal characters open their mouths to speak or, even worse, burst into song.

Mufasa's origin story is told as a bedtime tale to young lion cub Kiara, daughter of Mufasa's son, Simba. When the real action gets underway the results are, in places, breathlessly gripping, as the young Mufasa (voiced first by Braelyn Rankin and then by Aaron Pierre) loses his parents in a flood and journeys with his adopted brother, Taka (Kelvin Harrison Jr), to the safety of a distant land, pursued at every step by a pride of vengeful albino lions. 2024, PG, 118MIN



Father's pride:
Mufasa leads the way



Hidden gems Great movies you might have missed...



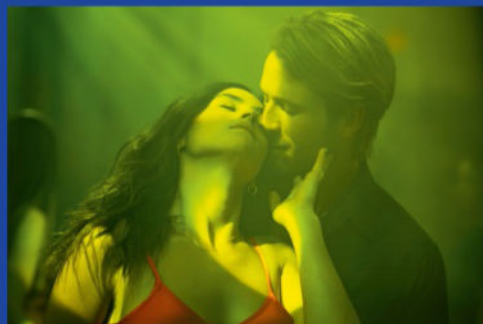
COURTROOM DRAMA

Anatomy of a Fall

Prime Video

★★★★

In writer-director Justine Triier's astonishing drama, a man is found dead in the French Alps, having fallen after doing repairs on his chalet. Did he simply slip, or did his German wife (the incredible Sandra Hüller) push him? The answer to that question is not what this movie is about, but rather how words and scenarios can be manipulated to suit any given purpose. It has a hefty running time, but this fantastic film earns every minute of it. Subtitled. 2023, 15, 151MIN



COMEDY THRILLER

Hit Man

Netflix

★★★★

Director Richard Linklater's romcom-with-guns stars Glen Powell as lecturer Gary, who has a sideline in creating wiretaps to trap those looking for a hitman. When something goes awry, Gary finds himself posing as a killer for hire, meeting Madison (Adria Arjona). There's an instant connection, sparking a sizzling game of deception. Funny, sexy and smart, Linklater's film – loosely inspired by a true story – has a delightful screwball tone. 2024, 15, 115MIN



SUPERHERO

The Marvels

Disney+

★★★★

Bringing together Captain Marvel (Brie Larson), Ms. Marvel (Iman Vellani) and Monica Rambeau (Teyonah Parris), this inventive outing gives the Marvel movies a much-needed freshen up. Through some comic-book shenanigans, our superheroes keep swapping places every time they use their powers, before they team up to take on Zawe Ashton's baddie. It has faults, but there's a lot of warmth and fun here – and the stars are a blast. 2023, 12, 105MIN

Films Weekend movies

Saturday 8 March

ANIMATION

Spider-Man: Across the Spider-Verse

Starts today, Netflix

★★★★

Sex ●●● Violence ●●● Language ●●●

This supremely confident sequel to 2018's *Spider-Man: Into the Spider-Verse* sees the return of Miles Morales (voiced by Shameik Moore) as 'the one and only Spider-Man'. Pursuing villain The Spot (Jason Schwartzman) to alt-universe mega-city Mumbattan with Spider-Gwen (Hailee Steinfeld), Miles meets Spider-Man 2099 (Oscar Isaac) and learns a truth that threatens to tear his world apart. The crux of the tale takes a while to come into focus, but the eventual reveal is smart and unexpected in a visually astonishing, emotionally daring film that has enough wit and imagination to fill several worlds. 2023, PG, 140MIN

Caught in a web:
Spider-Man



THRILLER

The Ipcress File

1.05pm, BBC2

★★★★

Sex ●●● Violence ●●● Language ●●●

With the world already hooked on the exploits of James Bond, author Len Deighton presented a very different picture of the British secret service in the shape of the shabby, bespectacled Harry Palmer. This first screen adventure for Palmer helped cement Michael Caine's status as a genuine international superstar, and his deadpan verbal sparring with his superiors is the highlight of a tale of brainwashing and international treachery. The second Palmer film, *Funeral in Berlin*, follows on BBC2 at 2.50pm. 1965, PG, 108MIN

CRIME COMEDY

Queenpins

9pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

Frustrated Arizona suburbanites Connie (Kristen Bell) and JoJo (Kirby Howell Baptiste) turn their extreme-couponing hobby into a multi-million dollar criminal enterprise, complete with a hangar full of Lamborghinis. Vince Vaughn is a no-nonsense postal inspector who teams up with a bumbling grocery store security manager (a hilarious Paul Walter Hauser) to bring down these unlikely crooks. Though low-brow in spots, this is a thoroughly entertaining, fast-paced crime comedy, based on a jaw-dropping true story. 2021, 15, 110MIN

COMEDY DRAMA

Hustlers

11.15pm, Film4

★★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Lopez is indecently charismatic as she swaggers her way through this sizzling, true-story inspired movie. In the wake of the 2008 financial crash, a band of strippers played a hustle of their own against their Wall Street clients. These men scammed the country and got away with it, reasons Lopez's Ramona, having taken Constance Wu's newbie Destiny under her wing. Hopping between the late-2000s and 2014, with Julia Stiles' journalist interviewing Destiny, this is sharp and savvy entertainment. 2019, 15, 110MIN

COMEDY DRAMA

This Beautiful Fantastic

12.40am, BBC1

★★★★

Sex ●●● Violence ●●● Language ●●●

This fable stars Jessica Brown Findlay as a would-be children's author with OCD, a phobia of nature and a curmudgeonly grump (Tom Wilkinson) as a neighbour. The contrived plot sees her given one month to tame her unkempt garden or face eviction, an ally in Andrew Scott's widowed Irish cook, and a love interest in the shape of Jeremy Irvine's stammering inventor of mechanical animals. Naturally, she and the garden eventually bloom in a twee but sweet confection. 2016, PG, 100MIN

Full listings start on p35

Sunday 9 March

FANTASY COMEDY

Dream Scenario

Available now, Prime Video

★★★★

Sex ●●● Violence ●●● Language ●●●

Nicolas Cage plays an unremarkable and wilfully anonymous biology professor – until he keeps popping up in other people's dreams. Countless people, all over the world. What does he do about this new-found, peculiar fame? A brilliantly deadpan comedy that also happily weaves in horror elements, this deals with celebrity, cancel culture and the seemingly unstoppable power of social media with a deft hand. Cage is on phenomenal form – an everyman suddenly thrust into the spotlight – which also aids director Kristoffer Borgli's wonderful, Charlie Kaufman-esque nightmare satire, making for an inventive, wildly odd experience. 2023, 15, 102MIN

He's a fun
guy: Nicolas



FAMILY

Marley & Me

5.25pm, ITV2

★★★★

Sex ●●● Violence ●●● Language ●●●

Me is Owen Wilson, Marley is his labrador dog and Jennifer Aniston is his wife. Both journalists, Aniston and Wilson move to sunny Florida, where they get jobs on rival newspapers with Wilson as a reporter then star columnist working for nice editor Alan Arkin; and that's the cosy setting for this comedy drama based on John Grogan's memoirs. It all revolves around the boisterous dog's antics and, with Wilson and Aniston making a sweet, credible couple, this is both touching and funny – though the tear-jerking ending is a bit of a surprise. 2008, PG, 115MIN

CLASSIC THRILLER

Get Carter

10pm, BBC2 (not N Ireland)

★★★★★

Sex ●●● Violence ●●● Language ●●●

London hard case Jack Carter (Michael Caine) goes up to Newcastle to get to the bottom of his brother's death. Britt Ekland acts provocatively over the phone, playwright John Osborne makes the most of a rare acting role as the local Mr Big and – as well as being a graphic reminder that the North East once had a coal industry – Caine's final confrontation with Ian Hendry is as tough as cold steel. This relentlessly bleak classic ranks along with *Brighton Rock* and *The Long Good Friday* as one of the few truly great British gangster movies. 1971, 18, 112MIN

THRILLER

L.A. Confidential

12m't, Legend Xtra

★★★★★

Sex ●●● Violence ●●● Language ●●●

Behind the glamorous facade of 1950s LA, sleaze, sin and scams are the norm. Russell Crowe gives a marvellous performance as a dour detective, tense and supremely confident in his cause. Guy Pearce and Kevin Spacey, as his colleagues, add their own distinctive twists to the complicated tale, while muck-raking reporter Danny DeVito and slinky good-time girl Kim Basinger (in an Oscar-winning turn) are also good value. This lovingly crafted homage to old-style Hollywood police stories oozes style – cop thrillers don't come much better. 1997, 18, 138MIN

HORROR

A Quiet Place Part II

12.25am, C4

★★★★★

Sex ●●● Violence ●●● Language ●●●

This sequel to the 2018 chiller is lean, satisfying and often cruelly tense. The prologue explains how the monsters that hunt by sound took over the world, before joining Emily Blunt and kids Millicent Simmonds – who shoulders much of the film magnificently – and Noah Jupe. Cillian Murphy's newcomer steers the plot into a stand-off between despair and hope, while the climax is a multi-layered exercise in sustained suspense peppered with impeccably paced jump shocks. 2020, 15, 97MIN

Full listings start on p45

Weekday movies over page

TV&Satellite Week 25

Films Weekday movies

Monday 10 March

ACTION

Transformers: Rise of the Beasts

From Saturday, Netflix

★★★★

Sex ●●● Violence ●●● Language ●●●

It's New York in the 1990s and former soldier Anthony Ramos and museum researcher Dominique Fishback come to the realisation that a glowing artefact at her place of work is one half of a beacon-like key, upon which the future of the universe sits. So prepare for thunderous action with an array of robots benign and nefarious. The likeable characters ensure there's much to enjoy here, until the too-familiar overblown final face-off that leaves you bludgeoned rather than exhilarated. 2022, 12, 127MIN



Key hole: Dominique and Anthony

COMEDY

Blithe Spirit

10.25am, Sky Originals

★★★★

Sex ●●● Violence ●●● Language ●●●

Frazzled author Dan Stevens has writer's block – but that's just the start of his problems after medium Judi Dench summons the ghost of his dead first wife (Leslie Mann) who causes all sorts of mischief for his second wife (Isla Fisher). This is nowhere near as good as the 1945 film and Stevens and Fisher are overly frantic, but Dench and Mann are fun and the sets and costumes look a treat. 2020, 12, 96MIN

THRILLER

Miami Vice

3.15pm, Sky Thriller

★★★★

Sex ●●● Violence ●●● Language ●●●

No pastel suits. No bikini-clad starlets. No alligator named Elvis. This re-imagining by director Michael Mann of his slick 1980s TV series turns the whole *Miami Vice* concept into a hard-boiled police procedural thriller. It is pacy, intricately plotted and brutally effective as undercover cops Crockett and Tubbs (Colin Farrell and Jamie Foxx) are seconded into the FBI for a sting operation against a Colombian drug baron. 2006, 15, 133MIN

CLASSIC THRILLER

Bullitt

9pm, ITV4

★★★★★

Sex ●●● Violence ●●● Language ●●●

This is the movie that pretty much invented the whole notion of the set-piece car chase with its high-octane pursuit through the hilly streets of San Francisco. It's a justly famous sequence and director Peter Yates' much-loved classic also grips as a thriller, with Steve McQueen giving one of his coolest performances as maverick cop Frank Bullitt who uncovers corruption in high places after the murder of a key witness. 1968, 15, 109MIN

COMEDY

This Is 40

10.10pm, Sky Cinema Comedy

★★★★

Sex ●●● Violence ●●● Language ●●●

Leslie Mann and Paul Rudd star as a couple approaching the watershed birthday of the title. Adding to their anxiety are problems with their respective businesses and fathers. This *Knocked Up* spin-off lacks edge, but there are plenty of gags and a keen cast including Melissa McCarthy, Chris O'Dowd, Albert Brooks and John Lithgow. 2012, 15, 134MIN

Full listings start on p55

Tuesday 11 March

DRAMA

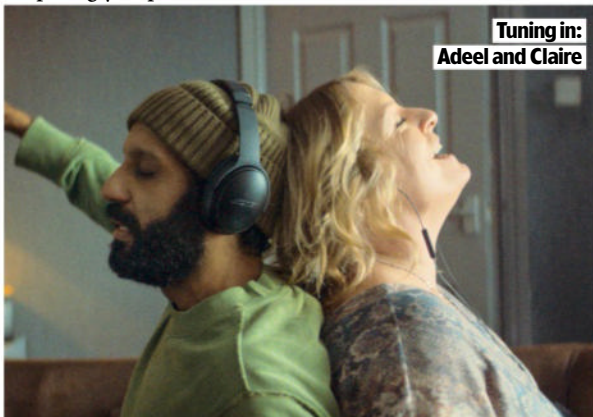
Ali & Ava

11.05pm, BBC2 (not Wales)

★★★★★

Sex ●●● Violence ●●● Language ●●●

In Bradford over the course of a lunar month, landlord Ali (Adeel Akhtar) falls for classroom assistant Ava (Claire Rushbrook), despite entrenched opposition from their families and communities, Ava's troubled past and the painful breakdown of Ali's marriage. But these tentative wannabe lovers are given a fighting chance in writer-director Clio Barnard's heart-warming, endearing and beautifully acted drama, which feels both authentically true to life and inspiringly hopeful of a better one. 2021, 15, 95MIN



Tuning in: Adeel and Claire

BIOPIC

Jackie

2.25pm, Sky Drama

★★★★★

Sex ●●● Violence ●●● Language ●●●

Natalie Portman conveys a compelling mix of traumatised frailty and steely resolve in this close-up portrait of Jackie Kennedy, one of the 20th-century's most iconic women. The movie ricochets back and forth between events in the hours and days following her husband John F Kennedy's assassination in Dallas in November 1963, and Portman's portrayal of shell-shocked sorrow is searing in its intensity. 2016, 15, 99MIN

WESTERN

Old Henry

2.30pm, Sky Originals

★★★★★

Sex ●●● Violence ●●● Language ●●●

Tim Blake Nelson is superb as Henry, a lonely Oklahoma pig farmer who, along with his son (Gavin Lewis), takes in an injured man (Scott Haze) who's carrying a satchel of cash – only to face a posse led by Stephen Dorff's supposed lawman. Tensions steadily escalate with engrossing performances and a cleverly executed twist as writer-director Potsy Ponciroli builds towards a climactic showdown. 2021, 15, 99MIN

DRAMA

Pirates

9.55pm, BBC3

★★★

Sex ●●● Violence ●●● Language ●●●

Reggie Yates' writing-directing feature debut is a spirited tale of three pals (invigorating turns from Elliot Edusah, Jordan Peters and Reda Elazouar) determined to see in the new millennium at the hottest party in London. With a soundtrack stuffed with 1990s garage and a wardrobe packed with garish clobber, the result is a colourful and eventful ride, but – like many a New Year's Eve party – leaves only a few hazy memories. 2021, 15, 80MIN

COMEDY MUSICAL

The Producers

2.55am, Sky Cinema Comedy

★★★

Sex ●●● Violence ●●● Language ●●●

This film of Mel Brooks' 2001 hit Broadway show (based on his 1967 film) boasts great songs and super turns. Nathan Lane (reprising his stage role) is hilarious as a theatre producer out to put on a flop so he can take his backers' cash. Matthew Broderick, Will Ferrell and Uma Thurman offer energetic support in a hilarious film that glories in its bad taste. 2005, 12, 134MIN

Full listings start on p65

Wednesday

ANIMATION

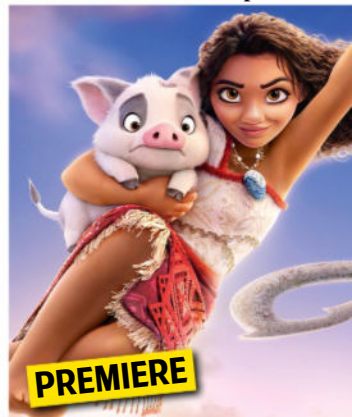
Moana 2

Starts today, Disney+

★★★★

Sex ●●● Violence ●●● Language ●●●

Another ocean-spanning quest is in store in this sequel to Disney's hit musical adventure. Plucky young Moana (voiced by Auli'i Cravalho) is trying to save her South Sea island, accompanied by a trio of islanders, as well as her pet



PREMIERE

ACTION COMEDY

Game Night

1.05pm, Sky Cinema Comedy

★★★★★

Sex ●●● Violence ●●● Language ●●●

Rachel McAdams and Jason Bateman's weekly ultra-competitive game night with their pals takes an alarming turn when his brother (Kyle Chandler) gets involved. With a staged kidnapping and a trail of clues to solve, they can't tell what's fake or perilously real... Whipping together laughs and thrills, the film benefits from a cunningly intricate plot, but it is the engaging stars who make it so much fun. 2018, 15, 100MIN

SCI-FI CLASSIC

Invasion of the Body Snatchers

2.50pm, Legend

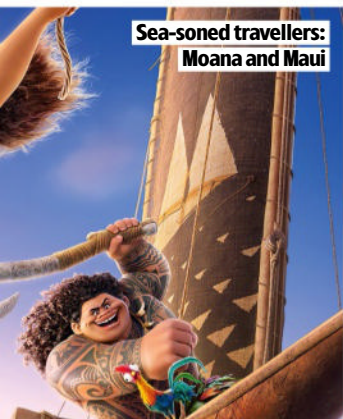
★★★★★

Sex ●●● Violence ●●● Language ●●●

Kevin McCarthy and Dana Wynter are in deadly peril when they try to get to the bottom of why a Californian town has been taken over by human doubles hatched from strange alien pods. Director Don Siegel's classic sci-fi packs a punch both as a chiller and as an attack on conformity, the 1950s witch-hunts and state control. McCarthy's crazed warning – 'They're here already! You're next!' – is a magic moment. 1956, PG, 80MIN

12 March

pig and chicken. But it's almost an hour before she joins forces with former companion Maui (Dwayne Johnson), the shape-shifting, swaggering demigod, which is a great shame. The thin plot, underwhelming songs and some jarring modern touches also let things down – but the ravishing animation will keep you on board. 2024, PG, 100MIN



Sea-soned travellers: Moana and Maui

COMEDY MYSTERY

Vengeance

9pm, Film4 ★★☆☆

Sex ●●● Violence ●●● Language ●●●

In Texas to attend the funeral of a woman he barely knew, smug New York writer BJ Novak (who also writes and directs) stumbles upon prime podcast material – her family believes she was murdered and her brother (Boyd Holbrook) wants his help to get to the truth. Although the fish-out-of-water premise has been done to death, this is elevated by a smart script and a strong cast, including Ashton Kutcher and Issa Rae. 2022, 15, 107MIN

COMEDY DRAMA

Funny Cow

1.50am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

There are tears as well as laughs in this well-acted comedy drama set in the 1970s. Maxine Peake lets rip as a brash and bolshie Northerner who leaves her abusive husband to become a stand-up comedian. The audiences at the gritty working men's clubs she plays don't know what's hit them – and nor does Paddy Considine's smitten book shop owner. 2017, 15, 102MIN

Full listings start on p75

Thursday 13 March

COMEDY HORROR

The Radleys

9.55am & 11.55pm, Sky Hits

★★★

Sex ●●● Violence ●●● Language ●●●

In a pleasant British coastal town, the Radleys seem like any other family – mum Kelly Macdonald, dad Damian Lewis and kids Bo Bragason and Harry Baxendale. But after Bragason wards off a sexual assaulter by flinging him across the forest floor and drinking his blood, the parents fess up – they're vampires (although abstinent)! Meanwhile, Baxendale is also coming to terms with his sexuality. To say more would ruin the fun in this terrific black satire of suburban life told with wit – and bite. 2024, 15, 115MIN



It's no picnic: Damian and Kelly

THRILLER

The Desperate Hour

4.35pm, Sky Originals ★★★★★

Sex ●●● Violence ●●● Language ●●●

Widowed mum Naomi Watts is out jogging when her mobile goes off – there's been a shooting at her son's school... Deep in the woods, it's too late to get home so she desperately uses her phone to track the news and help get her to the incident as quickly as possible. Watts and director Phillip Noyce skilfully wring every ounce of tension out of the scenario and, some minor gripes aside, this will keep your blood pumping. 2021, 12, 84MIN

THRILLER

Memento

11pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A fiendishly clever puzzle-box of a movie in which Guy Pearce plays a man trying to avenge the brutal murder of his wife. Unfortunately, he suffers from anterograde amnesia – he is unable to form new memories – and thus is forced to take Polaroid snaps to identify each new person he meets and tattoo cryptic messages onto his body. The entire film unfolds in reverse and the narrative demands concentration, but is well worth it. 2000, 15, 108MIN

DRAMA

The Road

11.25pm, GREAT! movies ★★★★★

Sex ●●● Violence ●●● Language ●●●

Cormac McCarthy's post-apocalyptic novel becomes a grim but thought-provoking drama, with fine performances from Viggo Mortensen and Kodi Smit-McPhee as a father and son looking for safety in a bleak American landscape. As the duo try to survive by any means possible, many may find the film much too depressing, but Mortensen's determination holds your attention throughout. 2009, 15, 112MIN

BIOPIC

All Eyez on Me

1.15am, Film4 ★★☆☆

Sex ●●● Violence ●●● Language ●●●

This biopic of rapper Tupac Shakur tries to pack too much in – from youth to fame, film, conscious rap, gangsta rap, near-death experiences and death in a shooting. However, Demetrius Shipp Jr is electrifying in the lead role, whether he's fixing intense stares on an interviewer, showing his soulful side or swaggering through chest-pounding live re-creations. 2017, 15, 136MIN

Full listings start on p85

Friday 14 March

MYSTERY

The French Dispatch

11.20pm, Film4

★★★★★

Sex ●●● Violence ●●● Language ●●●

Wes Anderson's quirky movie is a beautiful, lovingly crafted nod to old-school journalism, set in a fictional French town where Bill Murray runs the title supplement. A whirlwind of cuts and imaginative detail takes flight with an ensemble cast (including Elisabeth Moss, Léa Seydoux, Saoirse Ronan, Benicio Del Toro, Timothée Chalamet and Adrien Brody) as we're led through the workings of the magazine and four articles with Owen Wilson, Tilda Swinton, Frances McDormand and Jeffrey Wright. 2021, 15, 107MIN



Write up: Elisabeth, Owen and Tilda

BIOPIC

Bob Marley: One Love

8pm, Sky Drama ★★☆☆

Sex ●●● Violence ●●● Language ●●●

Kingsley Ben-Adir's mesmeric take on reggae legend Bob Marley makes sure this good-looking, if routine, telling of his life is engrossing. Bookended between two concerts: the unity one in 1976 and his return home for a peace concert in 1978, this also utilises flashbacks to fill in his backstory. The acting (including Lashana Lynch as his wife Rita) propels this, cushioned by music that still shines. 2023, 12, 107MIN

ROMANTIC DRAMA

Romeo + Juliet

10.40pm, BBC1 (11.10pm Scotland, Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Purists may well be horrified by the liberties that director Baz Luhrmann has taken with Shakespeare's play, yet it is undeniable that this electrifying update remains true to the spirit of the original. Luhrmann relocates the drama in the world of punk street gangs and his vision is bold, colourful and wildly imaginative. Leonardo DiCaprio and Claire Danes are personable enough as the star-crossed lovers. 1996, 12, 115MIN

COMEDY DRAMA

Medusa Deluxe

11.05pm, BBC2 ★★☆☆

Sex ●●● Violence ●●● Language ●●●

PREMIERE A hairdressing competition may not be a typical setting for a murder mystery. But this film (starring Luke Pasqualino and Clare Perkins) has great fun with the lurid twists and turns that ensue after a stylist is found dead – and scalped. Unfolding in a single take, this darkly comic tale may have more style than substance – but that's hard to begrudge when that style is delivered with such aplomb. 2022, 15, 101MIN

DRAMA

The Man with the Golden Arm

12.05am, Talking Pictures ★★☆☆

Sex ●●● Violence ●●● Language ●●●

Frank Sinatra gives a shattering turn as a poker dealer-turned-jazz drummer with a drugs habit. Elmer Bernstein's music score and the flashy title sequence add immensely to the film's atmosphere, though these days it does tend to look very stogy and melodramatic. Kim Novak is the showgirl who tries to help him. 1955, 15, 119MIN

Full listings start on p95

Sport week

Your **ultimate guide** to the best of the UK's live action



Ed Chamberlin

LIVE HORSE RACING

Tuesday-Friday, 12.45pm, ITV1

After winning a BAFTA for Best Sports Coverage last May for the Cheltenham Festival, presenter Ed Chamberlin and the ITV Racing team return to the world-famous Gloucestershire course this week for four days of thrilling jump racing.

We asked Chamberlin to talk us through a typical day at Cheltenham and choose the big stories of 2025...

Constitution Hill
and jockey Nico
De Boinville

Cheltenham Festival

THE
MAIN
EVENT

Ed Chamberlin takes us behind the scenes with ITV Racing's award-winning coverage

6.30am 'At Cheltenham, I sleep terribly, so I usually wake between 3am and 5am with my adrenaline racing. I will have a coffee and croissant at our hotel in Tewkesbury and go through all of the newspapers, adding to my extensive book of stats, storylines and histories for every race – all in different colours. My preparations begin in November and I'll have every angle covered.'

9.30am 'Arrive at the track. Go into hair and make-up – my clothes will have been chosen for me – and be ready by 10.30am to record short promos for ITV and ITN News.'

12.45pm 'It's showtime. On day one, when the director's assistant says in my ear, "Thirty seconds to on air," my heart is beating pretty fast. This year, we are showing six of the seven races every day, which is a bit of extra work but I'm delighted we are doing it.'

1.20pm 'First race starts. I'll watch the races on a monitor, communicating all the time with producers and pundits, including our experts Sir Anthony McCoy and Ruby Walsh. In interviews, my policy is: don't talk too much. The skill of being a presenter is choosing

the right moment to give the right information. I need to make a complicated sport relatable to one million people watching at home.'

5pm 'End of live broadcast. I won't have eaten all day because I will be too nervous, though I do have a terribly sweet tooth, so there will be lots of cups of tea and sweets. Get on the ITV bus back to the hotel, have a debrief with my editor to reflect on the day – and immediately plan for tomorrow. There is no respite. By the end of the week you are pretty exhausted.'



Trainer Willie Mullins
with his 100th winner
Jasmin De Vaux



Nine-time Grade 1 winner Jonbon

ED'S ONES TO WATCH

TUESDAY

'Today is all about the brilliant Constitution Hill in the Champion Hurdle (4pm). He won the race in 2023 but couldn't run last year because of illness. He's arguably the greatest hurdler we've ever seen and is pure box office. If he delivers, the roof will come off.'

WEDNESDAY

'Trained by Nicky Henderson, Jonbon has won nine Grade 1 races, but never won on the biggest stage of all. He's running in the Queen Mother Champion Chase (4pm), which is the ultimate test of jumping at speed, and I hope he wins it. He has matured and is now the real deal.'

THURSDAY

'Today is St. Patrick's Thursday, so I'll be wearing my green coat again. Last year, Irish trainer Willie Mullins cleaned up, winning eight races, becoming the first person to train 100 winners at Cheltenham. His horse Fact to File will probably run in the Ryanair Chase (3.20pm) and could bring him another victory.'

FRIDAY

'The last day is all about Galopin Des Champs going for Cheltenham immortality in the Gold Cup (4pm). Only four horses have ever won three Gold Cups, the last being Best Mate, and I think we will see history being made on Friday as Willie Mullins' horse joins that elite club.'

LIVE RUGBY UNION

Six Nations

Saturday & Sunday, BBC1, ITV1 & S4C

The penultimate round of action begins with a potential title decider in Dublin as table-topping Ireland host second-placed France (Saturday, kick-off 2.15pm, ITV1) in a must-see match between the sides who finished in the top two spots in the past three seasons. This time, back-to-back champions Ireland have three straight wins and are three points ahead of Les Bleus, who boosted their points difference with a record 73-24 win in Rome, their biggest score in the Six Nations, with two tries from full back Léo Barré. Also on



French star Léo Barré

Saturday, Wales travel to Scotland (k-o 4.45pm, BBC1 & S4C) with renewed hope after an improved performance against Ireland in Matt Sherratt's first game in charge, while England host Italy on Sunday (k-o 3pm, ITV1).



Ireland's Jamison Gibson-Park



George Mills

LIVE ATHLETICS

European Indoor Championships

Saturday & Sunday, BBC2

The championships' final two days are set to feature a host of British medal hopes including George Mills, who will start among the favourites for the men's 3,000m on Saturday after breaking Josh Kerr's British record in February. The Apeldoorn event concludes with the women's 4x400m relay on Sunday evening with world indoor champions the Netherlands, including individual world champ Femke Bol, hoping for more glory in front of a home crowd.

Aston Villa's Marcus Rashford



LIVE FOOTBALL

Champions League

Tuesday & Wednesday, Prime Video & TNT Sports

Marcus Rashford has more than 30 Champions League appearances under his belt and that experience could prove vital as Aston Villa host Club Brugge in their round-of-16 second leg (Wed, k-o 8pm, TNT Sports 2). Unai Emery's men lost 1-0 at the Belgium champions in the league phase, after an embarrassing mix-up involving Tyrone Mings, but victory this week could set up an all-Premier League quarter-final against Liverpool. The Reds are in fine form as they welcome Paris Saint-Germain (Tue, k-o 8pm, Prime Video) to Anfield, having won both of their previous Champions League home games against the French side. Meanwhile, Arsenal host PSV Eindhoven (Wed, k-o 8pm, TNT Sports 1) with Real Madrid or Atlético Madrid awaiting the winner.



Rachin Ravindra of New Zealand

LIVE CRICKET

Champions Trophy final

Sun, play starts 9am, Sky Sports Cricket & Sky Sports Main Event

The tournament comes to an end with Sunday's showpiece, which will be held in either Lahore or Dubai depending on whether or not India have reached the final. An impressive New Zealand,

featuring Rachin Ravindra, became the first team to qualify for the semi-finals, while India joined the Black Caps in the last-four after a six-wicket victory over 2017 champions Pakistan.

Sport A-Z and football planner >>>

Sport week **A-Z GUIDE**

ATHLETICS

LIVE European Indoor Championships
Sat 8.45am & 6pm BBC2
Coverage of the third day from Omnisport Apeldoorn. See p.29.

LIVE European Indoor Championships
Sun 9am & 2pm BBC2
The fourth and final day. See p.29.

AUSTRALIAN RULES

LIVE Gold Coast Suns v Essendon Bombers
Sat 6.15am TNT Sports 1

LIVE GWS Giants v Collingwood Magpies
Sat 4am TNT Sports 4

LIVE Richmond Tigers v Carlton Blues
Thu 8.15am TNT Sports 1

LIVE Hawthorn Hawks v Essendon Bombers
Fri 8.30am TNT Sports 1

LIVE Geelong Cats v Fremantle Dockers
Fri 2am TNT Sports 1

LIVE Sydney Swans v Brisbane Lions
Fri 5am TNT Sports 1

BASKETBALL

LIVE Kansas Jayhawks v Arizona Wildcats
Sat 9.30pm Sky Sports Action

LIVE Charlotte Hornets v Brooklyn Nets
Sat 11pm TNT Sports 2

LIVE North Carolina Tar Heels v Duke Blue Devils
Sat 11.30pm Sky Sports Action

LIVE Boston Celtics v Los Angeles Lakers
Sat 1.30am TNT Sports 2

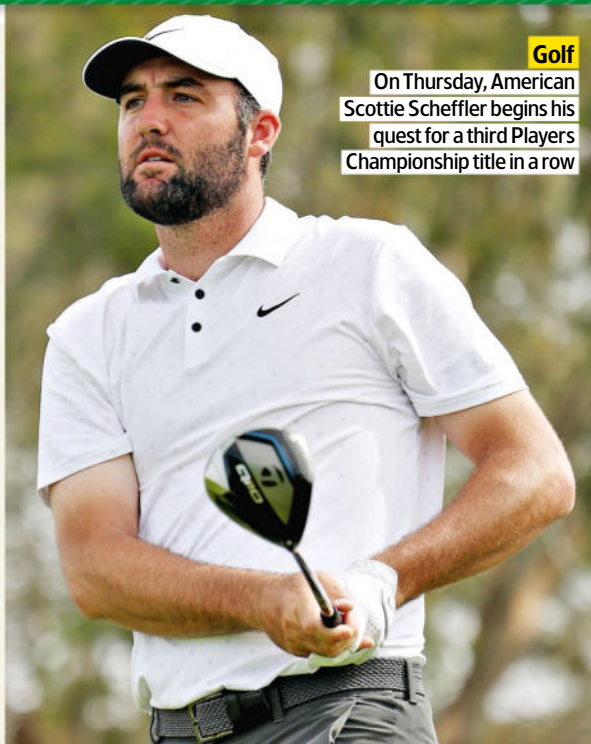
LIVE Oklahoma City Thunder v Denver Nuggets
Sun 5pm TNT Sports 1 & TNT Sports 2

LIVE Dallas Mavericks v Phoenix Suns
Sun 7.30pm TNT Sports 2

LIVE NCAA Women's Big 12 Championship match
Sun 9pm Sky Sports Mix

LIVE NCAA Sun Belt Championship match
Mon 11pm Sky Sports Mix

LIVE New Orleans Pelicans v Los Angeles Clippers
Mon 11pm TNT Sports 1



Golf

On Thursday, American Scottie Scheffler begins his quest for a third Players Championship title in a row

LIVE NCAA Horizon League Championship match
Tue 11pm Sky Sports Mix

LIVE Indiana Pacers v Milwaukee Bucks
Tue 11.30pm TNT Sports 2

LIVE NCAA West Coast Conference Championship
Tue 1am Sky Sports Mix

LIVE Boston Celtics v Oklahoma City Thunder
Wed 11.30pm TNT Sports 1

LIVE Milwaukee Bucks v Los Angeles Lakers
Thu 11.30pm TNT Sports 2

LIVE Golden State Warriors v Sacramento Kings
Thu 2am TNT Sports 2

LIVE Memphis Grizzlies v Cleveland Cavaliers
Fri 11pm TNT Sports 2

COMBAT SPORTS

LIVE UFC 313 Prelims
Sat 1am TNT Sports 1

LIVE Alex Pereira v Magomed Ankalaev
Sat 3am TNT Sports 1
Coverage of the light heavyweight title bout from T-Mobile Arena.

CRICKET

LIVE UP Warriorz v Royal Challengers Bengaluru
Sat 1.50pm Sky Sports Cricket

LIVE New Zealand v Sri Lanka
Sat 9.30pm TNT Sports 3
The third and final ODI staged at Saxton Oval.

LIVE ICC Champions Trophy
Sun 8.30am Sky Sports Main Event & Sky Sports Cricket
Coverage of the final at either Gaddafi Stadium or Dubai International Cricket Stadium. See p.29.

LIVE Mumbai Indians v Gujarat Giants
Mon 1.50pm Sky Sports Cricket & Sky Sports Mix, 2pm Sky Sports Main Event

LIVE Mumbai Indians v Royal Challengers Bengaluru
Tue 1.50pm Sky Sports Cricket & Sky Sports Mix, 2pm Sky Sports Main Event

LIVE WPL Eliminator
Thu 1.50pm Sky Sports Cricket & Sky Sports Mix

LIVE New Zealand v Sri Lanka
Fri 6am TNT Sports 2
Coverage of the first Women's T20.

CYCLING

LIVE Strade Bianche
Sat 10.30am TNT Sports 3
The women's one-day race in Italy.

LIVE Strade Bianche
Sat 1pm TNT Sports 3 & 3.15pm TNT Sports 1
The men's one-day race in Tuscany.

LIVE Paris-Nice
Sun 12.30pm, Mon-Fri 3.15pm TNT Sports 1; Mon-Thu 1.45pm TNT Sports 2; Fri 1.45pm TNT Sports 3
Coverage of stages one to six.

LIVE Grote Prijs Jean-Pierre Monsere
Sun 2.15pm TNT Sports 3 & 2.45pm TNT Sports 1
The men's one-day race in Belgium.

LIVE Tirreno Adriatico
Mon, Wed & Fri 12noon, Tue & Thu 12.15pm TNT Sports 1
Coverage of stages one to five.

DARTS

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports Action
The sixth night at Motorpoint Arena.

GOLF

LIVE Blue Bay LPGA
Sat & Sun 6am Sky Sports Main Event & Sky Sports Golf; Sat 6am Sky Sports Mix
Coverage of days three and four at Jian Lake Blue Bay Golf Course.

LIVE Women's Asian Amateur Golf Championship
Sat 6am & 4am Sky Sports+
Days three and four from Vietnam.

LIVE Joburg Open
Sat 10.30am & Sun 9.30am Sky Sports Golf
Days three and four in South Africa.

LIVE Arnold Palmer Invitational
Sat 3pm & Sun 2.30pm Sky Sports Golf; Sat 3pm & Sun 12noon Sky Sports+; Sat 8.30pm & Sun 7.30pm Sky Sports Main Event
Days three and four in Orlando.

LIVE Australian WPGA Championship
Sat 1am Sky Sports Golf & Sky Sports Mix
Coverage of day four in Queensland.

LIVE LIV Golf Hong Kong
Sat 4.30am ITV1
Coverage of day three at Fanling.

LIVE Players Championship: Creator Classic
Wed 8pm Sky Sports Golf
Nine-hole event at TPC Sawgrass.

LIVE Players Championship
Thu & Fri 11.30am Sky Sports Main Event & Sky Sports Golf, 12.30pm Sky Sports+
Days one and two at TPC Sawgrass.

LIVE LIV Golf Singapore
Thu & Fri 1am ITV4
Coverage of the first and second days from Sentosa Golf Club.

LIVE Australian Women's Classic
Fri 12m't Sky Sports Golf
The third day in New South Wales.

HORSE RACING

LIVE Sandown
Sat 1.30pm ITV4

LIVE Cheltenham Festival
Tue-Fri 12.45pm ITV1
Coverage of the prestigious festival from Gloucestershire. See page 28.

ICE HOCKEY

LIVE Calgary Flames v Montreal Canadiens
Sat 12m't Premier Sports 2

LIVE Edmonton Oilers v Dallas Stars
Sat 3am Premier Sports 1

LIVE Vancouver Canucks v Dalas Stars
Sun 1am Premier Sports 1

LIVE Buffalo Sabres v Edmonton Oilers
Mon 11pm Premier Sports 2

LIVE Utah Hockey Club v Toronto Maple Leafs
Mon 2am Premier Sports 2

LIVE Boston Bruins v Florida Panthers
Tue 11pm Premier Sports 2

LIVE Winnipeg Jets v New York Rangers
Tue 12m't Premier Sports 1

LIVE Detroit Red Wings v Buffalo Sabres
Wed 11.30pm Premier Sports 2

LIVE Calgary Flames v Vancouver Canucks
Wed 1am Premier Sports 1

LIVE Toronto Maple Leafs v Florida Panthers
Thu 11pm Premier Sports 2

LIVE New Jersey Devils v Edmonton Oilers
Thu 11.30pm Premier Sports 1

LIVE Carolina Hurricanes v Detroit Red Wings
Fri 11pm Premier Sports 2

LIVE Winnipeg Jets v Dallas Stars
Fri 12m't Premier Sports 1

MOTORCYCLING

LIVE MotoGP
Fri 12noon & 4.15pm TNT Sports 2
Grand Prix of Argentina MotoGP, Moto2 and Moto3 practice sessions.

MOTORSPORT

LIVE NASCAR
Sun 7pm Premier Sports 1

LIVE Formula 3
Thu 9.45pm Sky Sports F1
The Australian Grand Prix practice.

LIVE Formula 2
Thu 10.55pm Sky Sports F1
Australian Grand Prix practice.

LIVE Formula 1
Thu 1am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix first practice.

LIVE Formula 3
Thu 2.55am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix qualifying.

LIVE Formula 1
Thu 4.45am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix second practice.

LIVE Formula 2
Fri 6.25am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix qualifying.

LIVE Formula 3
Fri 12.10am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix sprint race.

LIVE Formula 1
Fri 1.10am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix third practice.

LIVE Formula 2
Fri 3.10am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix sprint race.

LIVE Formula 1
Fri 4.15am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix qualifying.

NETBALL

LIVE Netball Super Cup
Sat 11.30am Sky Sports Action & Sky Sports Mix, 3pm Sky Sports Main Event

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 2

RUGBY LEAGUE

LIVE Manly Warringah Sea Eagles v North Queensland Cowboys
Sat 8.30am Sky Sports Action

LIVE Penrith Panthers v Sydney Roosters
Fri 9am Sky Sports Action

RUGBY UNION

LIVE Moana Pasifika v Hurricanes
Sat 6am Sky Sports Action

Sport A-Z and football planner >>>

SUBSCRIPTION OFFER

6 issues for £1*

ONLY 17p AN ISSUE



visit: tvsatsubs.co.uk/D67K
Terms and Conditions: *Offer closes 31 October 2025. After your first six issues, your subscription will continue on at £31.25 every three months. For full T&Cs, visit magazinesdirect.com/terms.

TRAVEL OFFERS

TV&Satellite
week

4-days from **£1,015pp**

André Rieu Concert in Maastricht by Air – 4 days



Enjoy a spectacular concert like no other courtesy of the Dutch maestro, André Rieu, in his idyllic hometown of Maastricht.

Tour Highlights & Inclusions

- A €69 face-value seated ticket to see André Rieu and his Johann Strauss Orchestra (upgrades available)
- Three nights' four-star accommodation at a carefully chosen bed-and-breakfast hotel in either Eindhoven, Veldhoven or Helmond
- Visits to Utrecht and Maastricht
- Comfortable coach transfers throughout
- Return flights to Amsterdam from your local airport
- The services of a friendly tour manager

Departs: July 2025

Check our André Rieu concert page online to see our full list of concerts and tickets



TO BOOK ☎ 0333 344 1461 QUOTING TVW ➡ [TVW.NEWMARKETHOLIDAYS.CO.UK](https://www.tvw.newmarketholidays.co.uk)

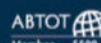
Please note: These holidays are organised and operated by Newmarket Holidays Ltd. ABTOT 5509. ABTA V7812. ATOL 2325. Offers are subject to availability and may be withdrawn at anytime. Single supplements apply. Standard phone charges. Prices do not include travel insurance. Prices correct at time of going to press. Prices shown are based on two people sharing a twin room

 **Newmarket**
HOLIDAYS

 **WINNER**
BRITISH
TRAVEL
AWARDS
2024

WINNER
12 YEARS
IN A ROW!

Celebrating
40
Years

 **ABTOT**
Member 5509

 **ABTA**
Travel with confidence



Scan Here For
Current Offers



Football planner

LIVE NSW Waratahs
v Western Force
Sat 8.30am Sky Sports+

LIVE Sharks v Lions
Sat 11.55am Premier Sports 1

LIVE Premiership
Rugby Cup semi-final
Sat 12noon TNT Sports 4

LIVE Ireland v France
Sat 1.25pm ITV1 (kick-off 2.15pm)
The Six Nations match staged at Aviva Stadium. See page 29.

LIVE Scotland v Wales
Sat 4pm BBC1 & S4C
(kick-off 4.45pm)
Six Nations game at Murrayfield.

LIVE Crusaders v
Queensland Reds
Sat 2.30am Sky Sports Action

LIVE England v Italy
Sun 2.15pm ITV1 (kick-off 3pm)
The Six Nations match at Twickenham.

LIVE Highlanders
v Hurricanes
Fri 6am Sky Sports Mix

LIVE Brumbies v Fijian Drua
Fri 8.30am Sky Sports Mix

LIVE Premiership
Rugby Cup final
Fri 7pm TNT Sports 1

LIVE Wales v England
Fri 7.10pm S4C (kick-off 7.30pm)
The Under-20s Six Nations match.

LIVE Crusaders
v Western Force
Fri 3.30am Sky Sports Action

SKIING

LIVE Nordic Combined Skiing
Sat 8.15am TNT Sports 4

LIVE Alpine Skiing
Sat 8.15am, Sun 8.15am &
11.15am, Fri 10am TNT Sports 3;
Sat 9.30am TNT Sports 4;
Sun 9.15am TNT Sports 1

LIVE Ski Jumping
Sat 2.30pm TNT Sports 4;
Thu 11am, 2.45pm & 4pm,
Fri 4pm TNT Sports 3

LIVE Cross Country Skiing
Sun 10.15am TNT Sports 4

LIVE Freestyle Skiing
Tue & Wed 11.30am TNT
Sports 3; Thu 11.30am & 6pm,
Fri 11am & 5pm TNT Sports 4

SNOOKER

LIVE World Grand Prix
Sat 11.30am & 5am, Sun
11.30am TNT Sports 2

TENNIS

LIVE Indian Wells Open
Sat 7pm, Sun & Mon 6pm, Tue
& Wed 9.45pm, Thu 12m't Sky
Sports+; Sat 7pm, Sun-Tue
& Fri 6pm, Wed & Thu 5.30pm
Sky Sports Tennis; Sat & Mon
11pm, Sun 10pm, Tue 6pm
& 10.30pm, Wed 5.30pm &
10.30pm Sky Sports Main Event
Days four to 10 from California.

WINTER SPORTS

LIVE Biathlon
Sat 4.30pm TNT Sports 2;
Sun 1.15pm & 3.30pm,
Thu & Fri 2pm TNT Sports 4

LIVE Snowboarding
Sun 11am TNT Sports 1;
Fri 12.15pm TNT Sports 4

Saturday 8

LIVE Adelaide United
v Brisbane Roar
6am TNT Sports 3 (kick-off 6am)

LIVE Coventry City
v Stoke City
11am Sky Sports Main Event
& Sky Sports Football
(kick-off 12.30pm)
The Championship match.

LIVE Nottingham Forest
v Manchester City
11am TNT Sports 1
(kick-off 12.30pm)
The Premier League match
from the City Ground.

LIVE Aberdeen v Queen's Park
12.15pm BBC1 (Scotland only)
(kick-off 12.30pm)
The Scottish Cup quarter-final.

LIVE Watford v Millwall
12.25pm Sky Sports+
(kick-off 12.30pm)
The Championship match.

LIVE Celta Vigo v Leganes
12.55pm Premier Sports 2
(kick-off 1pm)

LIVE Brentford v Aston Villa
5pm Sky Sports Main Event
& Sky Sports Premier League
(kick-off 5.30pm)
The Premier League match
at Gtech Community Stadium.

LIVE SC Freiburg v RB Leipzig
5.20pm Sky Sports Football
(kick-off 5.30pm)

LIVE Valencia v Valladolid
5.25pm Premier Sports 2
(kick-off 5.30pm)

LIVE Wolverhampton
Wanderers v Everton
7pm TNT Sports 1 (kick-off 8pm)
Coverage of the Premier League
match staged at Molineux.

LIVE Barcelona v Osasuna
7.55pm Premier Sports 2
(kick-off 5.30pm)
Coverage of the La Liga fixture.

Sunday 9

LIVE Newcastle Jets
v Auckland FC
6.30am TNT Sports 3
(kick-off 6am)

LIVE Brisbane Roar Women
v Melbourne City Women
7.30am TNT Sports 4
(kick-off 7.30am)

LIVE Portsmouth
v Leeds United
11.30am ITV1 & Sky Sports
Football (kick-off 12noon)
The Championship match.

LIVE Manchester City
v Aston Villa
12.20pm BBC1
(kick-off 12.30pm)
The Women's FA Cup quarter-
final from Joie Stadium.

LIVE Getafe v Atlético Madrid
12.55pm Premier Sports 2
(kick-off 1pm)

LIVE Tottenham Hotspur
v Bournemouth
1pm Sky Sports Main Event
& Sky Sports Premier League
(kick-off 2pm)

The Premier League match at
Tottenham Hotspur Stadium.



LIVE EUROPA LEAGUE

**Manchester United
v Real Sociedad**

Thu, kick-off 8pm, TNT Sports 1

A place in the Europa League
quarter-finals awaits the
winners of this week's second-
leg ties. United defeated their
Spanish opponents in this
competition's group stage
in 2022, winning 1-0 with
a side that featured current
captain Bruno Fernandes.



LIVE EUROPA LEAGUE

**Tottenham Hotspur
v AZ Alkmaar**

Thu, kick-off 8pm, TNT Sports 3

If Ange Postecoglou is to
maintain his record of winning
silverware in his second season
at a club, the Spurs boss won't
want any slip-ups against his
Dutch opponents. The teams
were separated by a Richarlison
penalty when they met in the
league phase in October.



LIVE EUROPA LEAGUE

**Rangers v
Fenerbahçe**

Thu, kick-off 8pm, TNT Sports 2

José Mourinho tackles a
competitive fixture in Scotland
for the first time as his Turkish
side meet Rangers at Ibrox. At
38, former Manchester City
striker Edin Džeko is his club
captain, while other familiar
faces include ex-Newcastle
winger Allan Saint-Maximin.

LIVE Eintracht Frankfurt
v FC Union Berlin
2.20pm Sky Sports Mix
(kick-off 2.30pm)

LIVE Celtic v Hibernian
2.30pm Premier Sports 1
(kick-off 3pm)

LIVE Cliftonville v Glentoran
2.45pm Sky Sports Football
(kick-off 3pm)

LIVE Real Madrid
v Rayo Vallecano
3.10pm Premier Sports 2
(kick-off 3.15pm)

LIVE Manchester United
v Arsenal
4pm Sky Sports Main Event &
Sky Sports Premier League
(kick-off 4.30pm)
The Premier League match
staged at Old Trafford.

LIVE TSG 1899 Hoffenheim
v FC Heidenheim 1846
4.30pm Sky Sports Mix
& 5.15pm Sky Sports
Football (kick-off 4.30pm)

LIVE Athletic Bilbao v Mallorca
5.25pm Premier Sports 2
(kick-off 5.30pm)

LIVE Juventus v Atalanta
7.30pm TNT Sports 1
(kick-off 7.45pm)

LIVE Real Sociedad v Sevilla
7.55pm Premier Sports 2
(kick-off 8pm)

Monday 10

LIVE West Ham United
v Newcastle United
6.30pm Sky Sports Main Event
& Sky Sports Premier League
(kick-off 8pm)
The Premier League match
staged at London Stadium.

LIVE Livingston v St Johnstone
7.30pm BBC Scotland
(kick-off 7.45pm)

LIVE Lazio v Udinese
7.30pm TNT Sports 1
(kick-off 7.45pm)

LIVE Espanyol v Girona
7.55pm Premier Sports 1
(kick-off 8pm)

Tuesday 11

LIVE Barcelona v Benfica
5pm TNT Sports 1 (k-o 5.45pm)
Champions League last-16 second leg.

LIVE Sheffield United
v Bristol City
7.30pm Sky Sports Main Event &
Sky Sports Football (kick-off 8pm)
Championship match.

LIVE Inter Milan v Feyenoord
7.30pm TNT Sports 2
(kick-off 8pm)
Champions League clash.

LIVE Bayer Leverkusen
v Bayern Munich
7.30pm TNT Sports 3 & 8pm
TNT Sports 1 (kick-off 8pm)
Champions League match.

LIVE Burnley v West
Bromwich Albion
7.35pm Sky Sports+
(kick-off 7.45pm)
Championship match at Turf Moor.

LIVE Liverpool v
Paris Saint-Germain
8pm Prime Video (kick-off 8pm)
The Champions League last-16
second-leg at Anfield. See p29.

Wednesday 12

LIVE Melbourne City
v Newcastle Jets
8am TNT Sports 1 (kick-off 8am)

LIVE Lille v
Borussia Dortmund
5.30pm TNT Sports 4
(kick-off 5.45pm)
The Champions League last-16
second-leg at Stade Pierre-Mauro.

LIVE Arsenal v
PSV Eindhoven
7pm TNT Sports 1 (kick-off 8pm)
Champions League last-16 second
leg at Emirates Stadium. See p29.

LIVE Aston Villa
v Club Brugge
7pm TNT Sports 2 (kick-off 8pm)
The Champions League last-16
second-leg at Villa Park. See p29.

LIVE Stoke City v
Blackburn Rovers
7.30pm Sky Sports Main Event &
Sky Sports Football (kick-off 8pm)
The Championship match.

LIVE Atlético Madrid
v Real Madrid
7.30pm TNT Sports 3
(kick-off 8pm)
Champions League clash.

LIVE Leeds United v Millwall
7.35pm Sky Sports+
(kick-off 7.45pm)
The Championship match.

Thursday 13

LIVE Manchester United
v Real Sociedad
7pm TNT Sports 1 (kick-off 8pm)
Coverage of the Europa League
last-16 second leg at Old Trafford.

LIVE Tottenham Hotspur
v AZ Alkmaar
7pm TNT Sports 3 (kick-off 8pm)
The Europa League last-16 second
leg clash staged at Tottenham
Hotspur Stadium.

LIVE Rangers v Fenerbahçe
7pm TNT Sports 2 (kick-off 8pm)
Coverage of the Europa League
last-16 second leg from Ibrox.

LIVE Bromley v Walsall
7.30pm Sky Sports Football
(kick-off 8pm)
The League Two game.

LIVE Chelsea v FC Copenhagen
7.30pm TNT Sports 4
(kick-off 8pm)
The Conference League last-16
second leg at Stamford Bridge.

Friday 14

LIVE Western United Women
v Canberra United Women
8am TNT Sports 3 (kick-off 8am)

LIVE Adelaide United
v Macarthur FC
8.30am TNT Sports 4
(kick-off 8.35am)

LIVE Liverpool v
Manchester United
7.05pm BBC3 (kick-off 7.15pm)
The WSL match from Anfield.

LIVE FC St. Pauli v
TSG 1899 Hoffenheim
7.20pm Sky Sports Mix
(kick-off 7.30pm)

LIVE Raith Rovers v
Dunfermline Athletic
7.30pm BBC Scotland
(kick-off 7.45pm)

LIVE Bristol City
v Norwich City
7.30pm Sky Sports Football
(kick-off 8pm)
The Championship match.

LIVE Las Palmas v Alaves
7.55pm Premier Sports 1
(kick-off 8pm)

LIVE Western Sydney
Wanderers Women v
Melbourne Victory Women
5.45am TNT Sports 4

6 issues for £1



4 easy ways to subscribe



MAIL coupon below **VISIT** tvsatsubs.com/D67J **CALL** 0330 333 1113 **SCAN** QR code

Complete this coupon and send to: **FREEPOST Future Publishing Limited** (No further address needed. No stamp required – for UK only)

☐ **YES!** I would like to subscribe to TV & Satellite Magazine

CODE D67J

CHOOSE FROM TWO EASY PAYMENT OPTIONS:

1. UK DIRECT DEBIT: 6 issues for £1*, followed by £31.25 every 3 months (12 issues), saving 28%*

For office use only: Originator's Reference - 173594

Name of bank: _____

Address of bank: _____

Postcode: _____

Name of account holder: _____

Sort code: -- Account no:



Instruction to your bank or building society: Please pay Magazines Direct from the account detailed on this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Magazines Direct and, if so, details will be passed electronically to my bank or building society.

Signature (I am over 18) _____

Date: _____

THE DIRECT DEBIT GUARANTEE: This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, Magazines Direct will notify you 3 working days in advance of your account being debited or as otherwise agreed. If you request Magazines Direct to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit by Magazines Direct or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Magazines Direct instructs. You can cancel a Direct Debit at any time by simply contacting your bank or building society, please notify us in advance as written confirmation may be required.

2. CREDIT/DEBIT CARD/CHEQUE/POSTAL ORDER/CASH (Circle Option)

PLEASE TICK OFFER THAT APPLIES:

☐ **UK 1-year** Pay Only £134.49 for 12 months, saving 23%*

☐ **UK 2-year** Pay Only £249.99 for 24 months, saving 28%*

PAYMENT DETAILS

☐ Payment Enclosed: £ _____

☐ Charge My (please circle)

Visa / Mastercard / Amex : £ _____ Only

Card no: ----

Expiry date /

Signature (I am over 18) _____

Date: _____

TERMS AND CONDITIONS: Offer closes 31 October 2025. Offer open to new UK subscribers only. Direct Debit offer is available to UK subscribers only. After your first 6 issues, your subscription will continue at £31.25 payable every 3 months (12 issues) by UK Direct Debit. *Savings based on single copy price, 51 issues per year. The subscription rate includes postage and packaging, if the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. Price is guaranteed for the first 6 months, please allow up to 6 weeks for the delivery of your first subscription issue (up to 8 weeks overseas). Payment is non-refundable after the 14-day cancellation period. **Access to the digital library will end with your subscription. For full terms and conditions, visit www.magazinesdirect.com/terms. For UK enquiries please call: +44 (0) 330 333 1113. Lines are open Monday-Friday 8:30am-7pm, Saturday 10am-3pm UK Time (excluding Bank Holidays) or email: help@magazinesdirect.com. Calls to 0330 numbers will be charged at no more than a national landline call, and may be included in your phone provider's call bundle.

SHIPPING DETAILS OF SUBSCRIPTION (yourself or gift recipient)

To give more than one subscription, please give address details on a separate sheet.

Mrs/Miss/Ms/Mr (please circle)

Forename: _____

Surname: _____

Address: _____

Postcode: _____

BILLING DETAILS

Mrs/Miss/Ms/Mr (please circle)

Forename: _____

Surname: _____

Address: _____

Postcode: _____

Home Telephone: (inc area code) _____

Mobile: _____

E-mail: _____

☐ Please keep me up to date with special offers and news just by email from carefully selected companies. Your personal details will not be shared with those companies - we send the emails and you can unsubscribe at any time.

By submitting your information, you agree to our Privacy Policy available at www.futureplc.com/privacy-policy/. Please keep me up to date with special offers and news from TV & Satellite and other brands within the Future Publishing Ltd Group by ☐ email, ☐ post, ☐ telephone and/or ☐ SMS. You can unsubscribe at any time.

Football



Premier League

TNT Sports, Sky Sports Main Event & Sky Sports Premier League

Today's live coverage includes Wolves v Everton (k-o 8pm, TNT Sports).

Rugby Union



Six Nations

BBC1 & ITV1

Ireland face France (k-o 2.15pm) as they continue their quest for the Grand Slam, while Scotland play Wales (k-o 4.45pm).

Drama

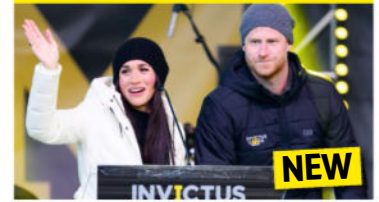


Candy: A Death in Texas

C4, 9pm & 10.05pm

Jessica Biel stars in this fact-based drama about a woman accused of killing her neighbour. Continues to Monday.

Documentary



Harry & Meghan's American Nightmare

Channel 5, 9.15pm

A look at how the Sussexes' lives have changed since their move to America.

SKY EVENING TIME 7.00PM 7.30PM 8.00PM 8.30PM 9.00PM 9.30PM 10.00PM 10.30PM

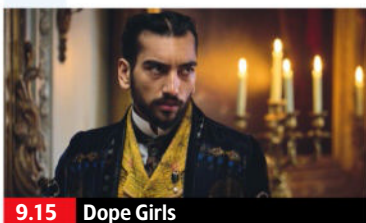
FAVOURITES	101 BBC1	7.00 Gladiators	8.00 Would I Lie to...	8.30 Casualty	9.15 Dope Girls	10.10 News	10.30 Match of the...
	102 BBC2	6.00 Athletics: European Indoor Championships – Live: The evening session on day three			9.00 Bob Dylan: No Direction Home		
	103 ITV1	7.00 Britain's Got Talent	8.15 The 1% Club		9.15 The Jonathan Ross Show	10.20 News	10.35 Murder of...
	104 CHANNEL 4	7.00 Crufts			9.00 Candy: A Death in Texas		
	105 CHANNEL 5	6.20 Secrets of Buckingham Palace	8.15 Portugal with Michael Portillo		9.15 Harry & Meghan's American Nightmare		
	106 SKY SHOWCASE	6.50 Landscape Artist of the...	7.45 The Simpsons	8.10 Rob Beckett's Smart TV	9.00 Film: Bad Boys		
ENTERTAINMENT	115 BBC3	7.00 EastEnders	8.00 Film: Lara Croft: Tomb Raider		9.35 Two Pints of Lager and a Packet of Crisps		
	116 BBC4	7.15 All Creatures Great and Small		9.00 The One That Got Away			
	118 ITV2	5.55 Film: Wonder Woman 1984		9.00 Film: 22 Jump Street			
	136 MORE4	6.55 Four in a Bed	7.55 999: On the Front Line	9.00 24 Hours in A&E			
	135 E4	7.00 The Big Bang Theory		9.00 Celebrity Gogglebox	10.00 Gogglebox		
	107 SKY WITNESS	7.00 Nothing to Declare		9.00 Elsbeth	10.00 Blue Bloods		
	108 SKY ATLANTIC	6.55 Gangs of London		9.00 Small Town, Big Story	10.00 The White Lotus		
	110 U&GOLD	6.55 Only Fools and Horses					
	111 U&DAVE	6.40 Mortimer & Whitehouse: Gone...	8.00 Special Ops: Crime Squad UK	9.00 Not Going Out New Year Special...	10.00 Not Going Out	10.35 QI XL	
	119 ITV3	7.00 Midsomer Murders		9.00 Vera			
	120 ITV4	6.50 Sharpe		9.00 English Football League Highlights		10.30 Film: Renegades	
	112 COMEDY CENTRAL	7.00 Friends		9.00 Film: Charlie's Angels			
	139 SKY SCI-FI	7.00 Film: Pompeii		9.00 Film: Jurassic Domination			
	113 SKY MAX	7.00 NCIS: Los Angeles	8.00 Rob Beckett's Smart TV	9.00 Small Town, Big Story	10.00 Strike Back: Vengeance		
DOCUMENTARY	109 U&ALIBI	7.00 Father Brown	8.00 Shakespeare & Hathaway: Private Investigators		10.00 Death in Paradise		
	130 SKY ARTS	7.00 Classic Albums	8.20 The Eagles: Live from the LA Forum				
	132 U&W	7.00 Outnumbered		9.00 Gavin & Stacey			
	125 DISCOVERY	7.00 Gold Divers	8.00 Harpoon Hunters	9.00 Caught!	10.00 Expedition Files		
	162 ANIMAL PLANET	7.00 How Do Animals Do That?	8.00 Wild Australia	9.00 Wild Mexico	10.00 Alaska Monsters		
FILMS - Sky Cinema	129 NAT GEO	7.00 Air Crash Investigation			10.00 Britain's Underworld		
	123 SKY HISTORY	7.00 The Lost City of Ramses II		9.00 Queens of Ancient Egypt			
	155 U&YESTERDAY	7.00 Bangers & Cash			10.00 'Allo 'Allo!		
	121 SKY DOCS	7.00 Elizabeth Taylor: The Lost Tapes		9.00 Film: Amy			
	301 PREMIERE	6.15 The Garfield Movie	8.00 Blood for Dust		9.45 Fight or Flight		
SPORT	302 ORIGINALS	6.10 The Beekeeper	8.00 Fight or Flight		9.45 SAS: Red Notice		
	303 HITS	5.40 The Fall Guy	8.00 Mission: Impossible – Dead Reckoning Part One				
	304 WOMEN IN FILM	5.40 The Holiday	8.00 Bridget Jones: The Edge of Reason		9.50 Bridget Jones's Baby		
	305 ANIMATION	5.55 Ruby Gillman...	7.35 The Pirates! In an Adventure with Scientists	9.10 The Swan Princess			
	306 KIDS BOOKS	6.50 The Hobbit: The Battle of the Five Armies		9.20 The Hobbit: The Desolation of Smaug			
	307 MARTIAL ARTS	6.05 Enter the Dragon	8.00 John Wick		9.45 John Wick: Chapter 2		
	308 COMEDY	5.50 You've Got Mail	8.00 The Five-Year Engagement		10.10 Snack Shack		
	309 THRILLER	6.05 The Equalizer 3	8.00 Inception				
	310 DRAMA	6.15 Aisha	8.00 P.S. I Love You		10.15 Whiplash		
	311 SCI-FI	6.05 I Am Legend	8.00 It		10.25 Resident Evil...		
	313 FILM4	6.55 Belle		9.00 Queenpins			
	401 MAIN EVENT	5.00 SNF – Live: Brentford v Aston Villa (Kick-off 5.30)	8.30 PGA Tour Golf – Live: The Arnold Palmer Invitational Presented By Mastercard				
	402 PREMIER LEAGUE	5.00 SNF – Live: Brentford v Aston Villa (Kick-off 5.30)	8.30 PL Stories	9.00 Big Interview	9.30 We Are All Fans	10.30 PL Highlights	
	403 FOOTBALL	5.20 Bundesliga...	7.30 Bundesliga		9.30 We Are All Fans	10.30 EFL Highlights	
	404 CRICKET	7.00 ICC Champions Trophy Cricket	8.00 WPL	9.00 ICC Champions Trophy Cricket	10.00 IPL		
	410 TNT SPORTS 1	7.00 Premier League – Live: Wolverhampton Wanderers v Everton (Kick-off 8.00)				10.30 Ally's Social...	
	411 TNT SPORTS 2	7.00 Premiership Rugby Cup	8.00 Snooker World Grand Prix		10.00 Isuzu UTE A-League		



BBC1

101 101 1 101 101

- 6.00** AM **Breakfast** (S)
10.00 **Saturday Kitchen** **New edition** With Floella Benjamin. (S)
11.30 **Rick Stein's Cornwall** The chef explores Falmouth. (S)(R)(AD)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 **Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
2.15 **FILM A Shaun the Sheep Movie: Farmageddon** Animated comedy with the voice of Justin Fletcher. (S)(AD) (2019, U, 80min) ★★ ★★ ★★
3.35 **BBC News** (S)
3.50 **Local News** (S)
4.00 **LIVE Rugby Union: Six Nations** Scotland v Wales: Coverage of the match in the fourth and penultimate round of fixtures, held at Scottish Gas Murrayfield Stadium. Kick-off is at 4.45. (S)



9.15 **Dope Girls**

LIVE Rugby Union: Six Nations (started at 4.00pm)

BBC2

102 102 2 102 102

- 6.00** AM **Children's Programmes**
7.45 **Gardeners' World** (S)(R)
8.45 **LIVE Athletics: European Indoor Championships** The first session on day three from Omnisport Apeldoorn in the Netherlands. Coverage continues at 6.00pm. (S)
12.30 PM **Nadiya's Simple Spices** (S)(R)
1.05 **FILM The Ipcress File** Vintage spy thriller starring Michael Caine. Intelligence agent Harry Palmer investigates a sinister brain drain of scientists. With Nigel Green. (S) (AD) (1965, PG, 105min) ★★ ★★ ★★ ★★
2.50 **FILM Funeral in Berlin** Spy thriller starring Michael Caine. Rebellious spy Harry Palmer travels to Berlin to organise a Russian's defection. (S) (1966, PG, 100min) ★★ ★★
4.30 **Final Score** Results round-up. (S)
5.15 **Flog It!** Unseen finds. (S)(R)



1.05 **The Ipcress File**

6.00 **LIVE Athletics: European Indoor Championships** Coverage of the evening session on day three from Omnisport Apeldoorn in the Netherlands. The men's heptathlon reaches a conclusion with the 1,000m, and French star Kevin Mayer will expect to be in contention. Medals are also awarded in the women's long jump, which was won by Jazmin Sawyers two years ago in Istanbul with a British record leap. Sawyers will not be defending her title this time, but her compatriot Alex Haydock-Wilson will hope to have made the men's 400m final. Finals also take place in the men's triple jump, high jump and 60m, and women's pole vault and 400m. (S)

9.00 **Bob Dylan: No Direction Home** 1/2. Martin Scorsese's profile of the singer, featuring rare interviews and archive footage, beginning by examining Dylan's formative years. (S)(R)(AD)

10.55 **Bob Dylan: No Direction Home** 2/2. Martin Scorsese's profile sees the story take a dark turn as Dylan finds a new musical vocabulary in response to expectations from the political left and the media. (S)(R)(AD)

12.25 AM **Bob Dylan: Shadow Kingdom** The singer-songwriter is joined by his band to perform songs from his back catalogue. (S)(R)

1.15 **Sings Dylan II** Cover versions of Bob Dylan songs. (S)(R)

2.15 **Tangled Up with Dylan: The Ballad of AJ Weberman** The life of notorious Bob Dylan enthusiast AJ Weberman. (S)(R)

3.30 **Sign Zone: Call the Midwife** (S)(R)
4.30 to **6.40** AM **Previews** (S)

ITV1

103 103 103 3 103 103 103

- 6.00** AM **In for a Penny** (S)(R)(AD)
6.30 **Judi Love's Culinary Cruise** (S)(R)
7.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** **New edition** With Nigel Havers. (S)
11.40 **Nisha Katona's Home Kitchen** **New edition** Marinated prawns. (S)
12.40 PM **James Martin's French Adventure** Bresse. (S)(R)(AD)
1.10 **ITV News** (S)
1.25 **LIVE Rugby Union: Six Nations** Ireland v France: The match in the fourth and penultimate round of fixtures, held at Aviva Stadium. Kick-off is at 2.15. (S)
4.35 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special** Hosted by Bradley Walsh. (S)(R)



8.15 **The 1% Club**

6.00 **Wheel of Fortune** **New edition** Graham Norton hosts the game show as an events assistant, a weight-loss coach and a business owner try to solve the puzzles in a bid to win big money prizes. (S)(AD)

7.00 **Britain's Got Talent** **New edition** A new set of acts aim to book their places in the semi-finals of the competition, with judges Simon Cowell, Amanda Holden, Alesha Dixon, Bruno Tonioli and KSI deciding which ones will go through. (S)

8.15 **The 1% Club** **New edition** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(AD)

9.15 **The Jonathan Ross Show** **New edition** Jonathan is joined by guests Warwick Davis, Jodie Whittaker, Daisy May Cooper and Ashley Walters. Plus, rock band Nova Twins perform in the studio. (S)

10.20 **ITV News** (S)

10.35 **The Murder of Grace Millane: Social Media Murders** Documentary examining the story of the British backpacker who was killed in New Zealand in 2018. (S)(R)(AD)

11.35 **English Football League Highlights** Recent action, including Burnley v Luton Town. (S)(R)

12.55 AM **Teleshopping**

3.00 **Next Level Chef USA** (S)(SL)(R)

3.45 **Unwind with ITV** (S)

4.30 **LIVE LIV Golf** Coverage of day three from Hong Kong Golf Club at Fanling. Continues on ITVX. (S)

5.30 to **6.00** AM **Unwind with ITV** (S)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 108 4 104 104/106

- 5.45** AM **Cheers** 4-7/26. (S4) (S)(R)
7.30 **The Simpsons** (S)(R)(AD)
9.20 **Four in a Bed** Five editions. (S)(R)
11.55 **A Place in the Sun** A retired couple search for their perfect holiday home in Crete. (S)(R)
12.55 PM **The Dog House** Two teenage brothers consider adopting a cute Chihuahua cross. (S)(R)(AD)
2.00 **Crufts** **New edition** Ed Lambert presents coverage of the large agility contest and the quarter-finals of the flyball event. Plus, resident vet Dr Paul Manktelow answers viewers' questions. (S)
4.00 **Crufts** **New edition** Clare Balding presents coverage, as the winner of the large agility competition is revealed. Plus, Radzi Chinyanganya reports from the Flyball course. Coverage continues at 7.00pm. (S)



11.00 **The 355**

6.00 **The Secret Life of the Zoo** Pedro the giant anteater is about to be reunited with long-term mate Bliss, but falls ill and faces a major operation, with an uncertain outcome. (S)(R)(AD)

6.30 **News** (S)

7.00 **Crufts** **New edition** Clare Balding presents coverage of the Gundog Group, including the popular pointers and retrievers. Ellie Simmonds introduces her Dog of the Day, and Scruffs gives crossbred dogs their chance to shine in categories including Most Handsome Crossbreed Dog and the Good Citizen Dog Scheme. (S)

9.00 **NEW SERIES Candy: A Death in Texas** 1/5. True-crime drama starring Jessica Biel as a Texas woman accused of killing her friend. With Melanie Lynskey and Pablo Schreiber. (S)(AD)

10.05 **Candy: A Death in Texas** **New episode** 2/5. Candy and Betty are shocked when their pastor announces her divorce. Betty takes in a troubled foster child, while Candy ponders her own love life. *Previously shown on Disney+.* (S1) (S)(AD) ■ Continues tomorrow

11.00 **FILM The 355** Action thriller starring Jessica Chastain. (S)(AD) (2022, 12, 140min) ★★ ★★

1.20 AM **Ramsay's Hotel Hell** (S)(SL)(R)

2.05 **Location, Location, Location** From Yorkshire. (S)(SL)(R)

3.00 **Grand Designs** (S)(SL)(R)(AD)

3.55 **Sunday Brunch Best Bits** (S)(R)

4.15 to **5.55** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.10 Entertainment News (S)
9.15 Motorhoming with Merton & Webster From Somerset. (S)(R)
10.05 Gardening with Carol Klein Double bill of editions. (S)(R)
12.00 NOON Kate Humble's Coastal Britain Triple bill. (S)(R)
2.55 PM Happy Campers: The Caravan Park 7/8. Crealy Theme Park & Resort in Devon sees its busiest check-in day of the season. (S)(R)
3.55 8/8. The busy summer season draws to a close. (S)(R)
4.50 Birds of a Feather: 30 Years of Laughs A celebration of the sitcom, revisiting the most memorable moments and taking a look behind the scenes. (S)(R)



8.15 Portugal with Michael...

- 6.15 News** (S)
6.20 Secrets of Buckingham Palace Alexander Armstrong presents the surprising history hidden behind the walls of the iconic royal residence, beginning in the late 18th century, when the building came into royal hands, up to the modern era when Queen Elizabeth II made it her home. (S)(R)
8.15 Portugal with Michael Portillo **New edition** 2/6. Michael's journey continues in Portugal's oldest city, Braga, and its oldest town, Ponte de Lima, which are both in the far north of the country. (S)
9.15 NEW Harry & Meghan's American Nightmare Examining the move by the Duke and Duchess of Sussex to America and how they have been received in their new home country. (S)
10.45 Most Shocking Hollywood Moments A look back at memorable incidents involving Hollywood A-listers. (S)(R)

- 12.45 AM Entertainment News** (S)
1.00 PlayOJO Live Casino Show (S)
3.00 FILM Xanadu Fantasy with Olivia Newton-John. A mythological woman descends to Earth and gets involved in showbusiness. (S) (1980, PG, 95min) ★
4.35 Wildlife SOS (S)(SL)(R)
5.05 Divine Designs (S)(SL)(R)
5.30 to 5.40 AM Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM The Very Small Creatures**
6.05 My Little Pony: Friendship is Magic Double bill. (S)(R)
6.55 Where's Wally (S)(R)
7.45 Dig Detectives (S)(R)
8.00 Monkey Life (S)(R)(AD)
9.00 Surviving the Amazon (S)(R)
12.00 NOON The Simpsons (S)(R)
2.00 PM The F1 Show: Season Preview A look ahead to the sport's 75th anniversary year. (R)
3.00 Gillette Labs Soccer Saturday Up-to-the-minute reports on today's football matches.
5.00 Secrets in the Ice Exploring great mysteries that have been frozen in time. (S)(R)
5.55 Ramses the Great: King of Ancient Egypt 1/6. The life of Ramses II – also known as Ramses the Great. (S)(R)



9.00 Bad Boys

- 6.50 Landscape Artist of the Year** The semi-finalists and 50 wildcard artists compete at Portsmouth Historic Dockyard for a £10,000 commission to create a landscape of the south of France. Presented by Stephen Mangan. (S)(R)
7.45 The Simpsons *Ditribute of a Mad Housewife:* Marge writes a critical acclaim novel and succeeds in getting it published to critical acclaim. (S)(R)
8.10 Rob Beckett's Smart TV Comedy panel show celebrating the small screen, with guests Richard Osman, Danny Dyer, Motsi Mabuse and Richard Ayoade. (R)
9.00 FILM Bad Boys Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Tea Leoni, Tcheky Karyo and Theresa Randle. (S) (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 An Idiot Abroad 6/8. Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro, taking in the culture of Brazil along the way – and visiting a nudist beach. (S)(R)(AD)
12.10 AM The Office (US) 21-24/24. Four episodes. (S8) (S)(R)
2.00 Road Wars Double bill. (S)(R)
4.00 to 6.00 AM Nothing to Declare (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964
11.30am Bargain Hunt (S) (R) **12.15pm LIVE**
 SportsScene: Scottish Cup Live (S) **2.35-3.35pm** Sort Your Life Out with Stacey Solomon (S)(R)(AD)

N. IRELAND
 Sky 966, Virgin 863, Freesat 966
 No variations

WALES
 Sky 965, Virgin 864, Freesat 965
11.30am-12.00noon
 The Six Nations Greatest Moments (S)(R)

BBC2

N. IRELAND
 Sky 969, Freesat 969
5.15pm Suzie Lee: Home Cook Hero (S)(R)
5.30-6.00pm Chronicles of the Sperrins (S)(R)

WALES
 Sky 968, Freesat 968
 No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwrn Sadwrn **10.00** Priodas Pum Mil **11.00** Bois y Pizza: Chwe' Gwlad (AD)
11.30 Cysgu O Gwmpas (AD) **12.00noon** Ffermio **12.30pm** Cartrefi Cymru **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Cymry ar Gynfas **2.30** Colleen Ramsey: Bywyd a Bwyd **3.00** Gwladfa: Gwylm Bowen Rhys **3.30** Sgwrs Dan y Lloer **4.00 LIVE** Clwb Rygbi Rhyngwladol **7.15** Newyddion a Chwaraeon **7.30** Noson Lawen **New edition** **8.30** Lle Aeth Pawb? Merched Pop 65-75 **9.30** Curadur **10.00** Ffion Dafis: Bras, Botox a'r Bleidlais **11.00-11.35pm** Bois y Pizza: Chwe' Gwlad (AD)

BBC3

BBC3 programmes start at 7.00pm



- 7.00 PM EastEnders** A resident overhears a shocking secret. **7.30** Kat and Alfie attempt to rebuild their family.
8.00 FILM Lara Croft: Tomb Raider Fantasy adventure starring Angelina Jolie and Jon Voight. An aristocratic British adventurer desperately tries to thwart a sinister secret society that plans to take over the world. (2001, 12, 100min) ★★★★★
9.35 Two Pints of Lager and a Packet of Crisps 5/8. Donna and Gaz reminisce about their relationship. **10.05** 6/8. Gaz decides that the time has come to propose to Janet. **10.35** 7/8. Gaz makes a shocking confession to Janet. **11.05** 8/8. Donna and Janet give Gaz an ultimatum. (S8)
11.35 Crashed: \$800m Festival Fail One-off documentary.
12.35 AM Disclosure: Kids on the Psychiatric Ward
1.35 Funboys 4/4. (S1)
2.00 to 4.00 AM Two Pints of Lager and a Packet of...

MORE4

- 136/137** 831 **147** **18** **124**
8.55 AM George Clarke's Amazing Spaces
9.55 Ugly House to Lovely House with George Clarke
11.00 George Clarke's Old House, New Home
12.00 NOON Four in a Bed
2.40 PM Come Dine with Me
5.20 Four in a Bed The contest gets under way at Laskill Country House in Helmsley. **5.50** The second visit is to The Swan Hotel in Telford. **6.20** A visit to the Scafold Hall Hotel, Melton Mowbray.
6.55 Four in a Bed The final visit is to the Abbey Hotel in Battle, East Sussex. **7.25** The B&B owners meet up to settle some scores.
7.55 999: On the Front Line Paramedics in Coventry are called to a pregnant woman with severe stomach pains, where a potentially life-threatening ectopic pregnancy is suspected.
9.00 24 Hours in A&E A patient with a rare condition is rushed in to St George's, struggling to breathe. **10.00** A 15-year-old is rushed in after going over the handlebars of his bike.
11.05 Emergency Helicopter Medics Documentary.
12.10 AM 999: On the Front Line As shown at 7.55pm.
1.15 24 Hours in A&E
3.25 to 3.50 AM Food Unwrapped

+1 hour 236/237 347 125

BBC4

BBC4 programmes start at 7.00pm



- 7.00 PM The Flying Gardener** A windswept Norfolk garden.
7.15 All Creatures Great and Small *Plenty to Grouse* About: An outbreak of illness strikes on the grouse moors. **8.10 Charity Begins at Home:** Siegfried tries to cut costs, and Helen adopts a stray cat.
9.00 The One That Got Away *New episodes* 3/6. The team start building the case against their main suspect, but in a shocking development, an armed man enters the frame. **9.50** 4/6. In the wake of the school shooting, the gunman is charged with murder and Ffion is convinced that Mel could have been involved in the historic murders. (S1) **Entire series on BBC iPlayer**
10.45 Parkinson An interview with actor Michael Caine.
11.45 Going Straight
12.15 AM As Time Goes By
12.45 Fairies: Play of the Week
1.50 to 3.35 AM All Creatures Great and Small

E4

- 135/136** 830 **106** **13** **122**
6.00 AM The Goldbergs
8.20 Lego Masters Australia
10.00 FILM Wedding March: Here Comes the Bride Romance. (2018, PG) ★★
11.45 Married at First Sight Australia Double bill.
3.25 PM FILM Hotel Transylvania: *Transformania* Animation. (2022, PG, 87min) ★★★
5.05 The Big Bang Theory Four episodes, including at: **6.30** 2/24. Penny considers finishing with Leonard. (S6)
7.00 The Big Bang Theory 3/24. Sheldon hires an attractive female assistant. **7.30** 4/24. Howard returns from his space mission. **8.00** 5/24. Stuart and Raj host a Halloween party. Guest stars Buzz Aldrin. **8.30** 6/24. Sheldon upsets Stephen Hawking when they play an online game. (S6)
9.00 Celebrity Gogglebox Famous faces appraise the BBC's 2024 General Election coverage.
10.00 Gogglebox Opinions on *Jamie's Air Fryer Meals*, *Baby Reindeer*, *Teen First Dates* and *Wildlife Rescue*. **11.05** Appraisals of *The Yorkshire Vet*, *Britain's Got Talent* and *Red Eye*.
12.10 AM First Dates
2.20 Gogglebox
4.10 to 6.00 AM Ramsay's Kitchen Nightmares USA

+1 hour 235/236 306 30 123

Saturday

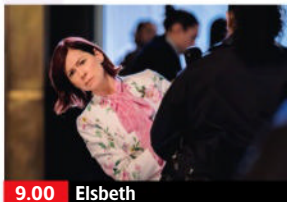
primetime

primetime

Sky Witness

107 807 110 341 356

- 6.00 AM **Send in the Dogs**
 8.00 **Motorway Patrol**
 9.00 **Highway Patrol**
 10.00 **Border Patrol**
 12.00 **NOON Border Security: Canada's Front Line** The discovery of a deadly weapon leaves mail workers stunned.
 12.30 PM **Officers** look for a message in a bottle.
 1.00 **UK Border Force** A man is deported to Nigeria.
 2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.



9.00 **Elsbeth**

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
 8.10 **Winning Time: The Rise of the Lakers Dynasty** (S2)
 11.30 **True Blood** 2-5/12. (S3)
 3.40 **Gangs of London** 2/8. The city of London is torn apart by the power struggles of international gangs.
 4.50 3/8. Marian Wallace is forced out of hiding.
 5.55 4/8. Luan faces a desperate race against time.
 6.55 5/8. Elliot tries to free himself of the Investors. (S2)

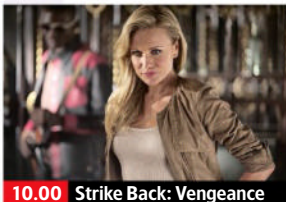


5.55 **Gangs of London**

Sky Max

113/114 813 111 346 351

- 6.00 AM **Supergirl** 9-13/20. (S1)
 11.00 **Grimm** Four episodes of the fantasy drama, including at:
 2.00 PM 10/22. A vigilante murders monsters. (S2)
 3.00 **NCIS: Los Angeles** 14/22. Callan and the team go undercover as art buyers.
 4.00 15/22. A naval photographer is found dead.
 5.00 16/22. A military working dog is kidnapped.
 6.00 17/22. The team help a naval intelligence officer locate a colleague. (S13)



10.00 **Strike Back: Vengeance**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
 9.00 **Love Bites**
 9.55 **Deal or No Deal**
 12.55 PM **American Ninja Warrior**
 1.55 **The Masked Singer US**
 2.50 **Wheel of Fortune** Graham Norton hosts the game show.
 3.50 **FILM Jumanji** Fantasy adventure starring Robin Williams and Bonnie Hunt. (1995, PG, 104min) ★★★★★
 5.55 **FILM Wonder Woman 1984** Action adventure sequel with Gal Gadot and Pedro Pascal. (2020, 12, 151 min) ★★★★★

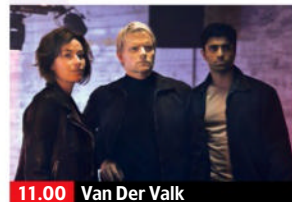


5.55 **Wonder Woman 1984**

ITV3

119 117 10 115

- 6.00 AM **Bless This House**
 6.30 **Agatha Christie's Poirot**
 11.00 **FILM Man About the House** Comedy spin-off starring Richard O'Sullivan and Paula Wilcox. (1974, PG, 87min) ★★
 1.00 PM **Rosemary & Thyme**
 3.00 **Agatha Christie's Marple** *Bertram's Hotel*: The reading of a will leads to murder.
 5.10 **Midsomer Murders** *Murder of Innocence*: A barrister is killed with morphine and suspicion falls on an ex-convict. Guest stars Sharon Duce.



11.00 **Van Der Valk**

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM

- 9.00 **Elsbeth** *Sweet Justice*: 9/10. A bar owner seeks revenge on behalf of a bullied customer. Guest stars Arian Moayed. (S1)

10 PM

- 10.00 **Blue Bloods** *Reality Check*: 8/20. Danny partners with Anthony to investigate a double homicide. (S12)
 11.00 **Chicago Fire** 17/22. (S11)
 12.00 **MT The Rookie** 17/22. (S4)
 1.00 AM **The Good Doctor** (S3)
 2.00 **For Life** 13/13. Aaron attempts a desperate move. (S1)
 3.00 **FBI: Most Wanted** 14/14. (S1)
 4.00 to 6.00 AM **Nothing to Declare**

+1 hour 207 310

- 7.55 **Gangs of London** 6/8. As alliances are redrawn, Lale comes face to face with nemesis Asif and enters into a dangerous game of cat and mouse. Stars Joe Cole. (S2)

- 9.00 **Small Town, Big Story** *How Many People Does He Need?* 2/6. Wendy closes in on Seamus and his family. (S1)

- 10.00 **The White Lotus** *The Meaning of Dreams*: 3/8. Comedy drama following the guests and staff of a resort in Thailand. (S3)
 11.10 **Game of Thrones** 1/10. Cersei worries about Tommen.
 12.15 AM 2/10. Arya arrives in Braavos, and Stannis has a proposal for Jon. (S5)
 1.20 **Game of Thrones** (S5)
 4.50 to 6.00 AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

- 7.00 **NCIS: Los Angeles** *Hard for the Money*: 18/22. An employee of the US Navy's missile defence programme is killed. (S13)

- 8.00 **Rob Beckett's Smart TV** Comedy panel show, with Richard Osman, Danny Dyer, Motsi Mabuse and Richard Ayoade.

- 9.00 **Small Town, Big Story** *How Many People Does He Need?* 2/6. Wendy closes in on Seamus and his family. (S1)

- 10.00 **Strike Back: Vengeance** 10/10. The team race to locate and disarm Knox's nuclear weapons. (S3)

- 11.00 **An Idiot Abroad** 5/8. Karl Pilkington's journey continues in Egypt, where he tastes local delicacies including rabbit meat, and takes a boat ride down the Nile, before visiting the iconic pyramids.
 12.00 **M/T The Force: Manchester**
 2.00 AM **Road Wars** Double bill.
 4.00 to 6.00 AM **Sun, Sea and A&E**

- FILM Wonder Woman 1984** (started at 5.55pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **FILM 22 Jump Street** Comedy sequel starring Jonah Hill and Channing Tatum. Two cops are sent undercover at a university, but their friendship is threatened as they join different student cliques. With Peter Stormare. (2014, 15, 109min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.10 **Family Guy** 15/18. The Griffins move in with Lois's sister.
 11.40 10/18. Peter searches for his biological father. (S5)
 12.10 AM **American Dad!** (S2)
 1.05 **The Sex Lives of College Girls**
 2.25 **World's Funniest Videos**
 2.55 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114

- 7.00 **Midsomer Murders** *The Dark Rider*: Bentham DeQuetteville falls to his death after seeing a headless horseman, and Barnaby's investigation uncovers shocking secrets about the victim's aristocratic family.

- 9.00 **Vera** *Old Wounds*: The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.

- 11.00 **Van Der Valk** 3/3. The fatal stabbing of a psychiatrist pulls the team into the esoteric world of ritual magic. (S3)
 12.50 AM **The Real Crown: Inside the House of Windsor**
 1.45 **Bless This House**
 2.10 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
 REST OF UK 180 162 110

- 12.00 **NOON This Is BBC Scotland**
 7.00 PM **Reporting Scotland**
 7.15 **Serie A Scots: Billy Gilmour & Scott McTominay**
 7.30 **Our Lives: The Boy Who Can Fly**
 8.00 **The Agency: Unfiltered** 5/6. Kirsten and Amy find out what the competitors are like when their guard is down.
 8.30 6/6. The winner is revealed at the agency's Halloween party.
 9.00 **The Hunt for Peter Tobin** 1/2. Examining the case of the killer and sex offender.
 10.00 **Mrs Brown's Boys** 3/6. Agnes looks after a robotic baby. (S2)
 10.30 **Two Doors Down** 3/6. Beth's hopes of a nice lunch are dashed. (S2)
 11.00 **Best of Chewin'** the Fat
 11.30 PM to 12.00 MT **T in the Park: Best Bits**

Sky Comedy

114/115 814 112 347 352

- 8.00 AM **The Conners** (S4)
 10.00 **The Righteous Gemstones** 1-9/9. (S2)
 4.40 PM **Curb Your Enthusiasm** 6/10. Larry lends a writer \$5,000.
 5.20 7/10. Larry ruins a valuable doll.
 6.00 8/10. Larry injures Shaquille O'Neal.
 6.40 9/10. Cheryl's sister prepares to marry.
 7.20 10/10. Larry goes for a massage. (S2)
 8.00 **The Office** (US) 24/24. Dwight gives the Scranton branch workers free family portraits. (S8)
 8.30 1/25. The workplace welcomes two new faces. (S9)
 9.00 **Lucy Beaumont: Live from the Royal Court Theatre** Stand-up show.
 10.00 **Saturday Night Live**
 11.30 **Entourage** (S6)
 12.40 AM **Girls** (S1)
 2.00 **In the Long Run** (S3)
 3.00 **The Office** (US) (S8)
 4.20 to 5.00 AM **Avenue 5**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **Tales of the Unexpected**
 8.30 **Alfred Hitchcock Hour**
 10.30 **Artist of the Year: Masterclass**
 1.00 PM **FILM The Hound of the Baskervilles** Hammer horror. (1959, PG, 85min) ★★★★★
 2.40 **Landscape Artist of the Year** The semi-final from Portsmouth.
 3.40 **Cirque du Soleil: Mystery of Mystere**
 5.00 **Brian Wilson: Long Promised Road** The Beach Boys star reflects on his career.
 7.00 **Classic Albums** The making of Fleetwood Mac's album *Rumours*.
 8.20 **The Eagles: Live from the LA Forum**
 11.20 **The Eagles: Desperado**
 12.50 AM **Eric Clapton: Concert by the Lake - Band du Lac**
 3.20 **Born in Chicago**
 5.00 to 6.00 AM **Discovering: The Cure**

Sky Mix

151 135 11 141

- 6.00 AM **Nothing to Declare**
 8.00 **Madagascar: A Little Wild** Animation.
 8.25 **Alvin!!! and the Chipmunks** Double bill.
 8.50 **Pooch Mooch**
 9.00 **Nothing to Declare**
 11.00 **Hope for Wildlife**
 1.00 PM **Micro Monsters with David Attenborough**
 2.00 **City Wildlife Rescue**
 3.00 **Wildest New Zealand**
 4.00 **David Attenborough's Kingdom of Plants**
 5.00 **Battle of the Alphas**
 6.00 **Age of the Big Cats**
 7.00 **Whale with Steve Backshall** Steve meets people striving to give whales a safe future.
 8.00 **Caught on Dashcam**
 9.00 **Made for Murder**
 10.00 **Sex and the City** (S2)
 12.15 AM **Caught on Dashcam**
 1.10 **Brit Cops: Rapid Response** Documentary.
 2.00 **Nothing to Declare**
 4.00 to 6.00 AM **Highway Patrol**

ITV Be

131/132 119 28 119

- 7.30 AM **Unwind**
 7.40 **Backyard Builds** *New edition* Brian and Sarah create a DJ den.
 8.10 **The Real Housewives of Jersey** Reality series.
 9.10 **Fletchers' Family Farm**
 10.10 **Scott's Vacation House Rules** Triple bill.
 1.00 PM **Abbey Clancy: Celebrity Homes**
 2.00 **Project Bakeover**
 4.00 **The Only Way Is Essex**
 5.00 **The Real Housewives of Cheshire** Reality series.
 6.05 **Celebrity Dinner Date**
 7.05 **FILM Bride Wars** Comedy starring Kate Hudson, Anne Hathaway and Chris Pratt. (2009, 12, 85min) ★★
 9.00 **Olivia Attwood's Bad Boyfriends** Double bill.
 11.05 **Kavos Weekender**
 12.05 AM **The Real Housewives of Miami**
 1.00 to 1.30 AM **Buying the View**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Highway to Heaven**
 1.00 PM **Highway to Heaven** Eight episodes of the series, including at:
 6.00 *The Hero*: 20/25. A Vietnam veteran needs medical treatment.
 7.00 *Parents' Day*: 21/25. A respected reporter's drug habit is exposed by his own son.
 8.00 *A Father's Faith*: 22/25. Jonathan and Mark come to the aid of an old friend. (S3)
 9.00 **The Gourmet Detective: Death Al Dente** Mystery starring Dylan Neal.
 10.55 **The Gourmet Detective: A Healthy Place to Die** Mystery drama sequel starring Dylan Neal.
 12.45 AM **The Avengers** (S5)
 3.00 **Randall and Hopkirk (Deceased)** 1/26. (S1)
 4.00 **Highway to Heaven**
 4.50 to 5.00 AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM World of Sport
- 6.20 The Protectors
- 6.50 The Sweeney
- 7.50 Robin of Sherwood
- 8.55 Leaders of the Pack
- 9.30 Racing: The Opening Show
- 10.30 The Big Match Revisited
- 11.20 Cadfael
- 12.55 PM The Car Years
- 1.30 **LIVE** Racing From Sandown, Hereford and Wolverhampton.
- 4.00 Football League Legends
- 4.10 The Motorbike Show
- 6.15 Made in Britain



LIVE!

1.30 Racing

- 6.50 **Sharpe** *Sharpe's Battle*: 2/3. The officer is charged with transforming the Royal Irish Company into an experienced fighting unit, but rumours of a massacre in Ireland have a negative effect on the men's morale. (S3)

- 9.00 **English Football League Highlights** The latest EFL action, including Burnley v Luton Town, Sheffield United v Preston North End and Derby County v Blackburn Rovers.

- 10.30 **FILM Renegades** Crime thriller starring Kiefer Sutherland and Lou Diamond Phillips as a modern-day crime-busting Lone Ranger and Tonto. With Jami Gertz. (1989, 18, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35 AM Wrestling: AEW Dynamite
- 2.30 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM **Star Trek: The Next Generation** 6&7/26. (S4)
- 8.00 Teleshopping
- 11.00 **Star Trek: The Next Generation** 8-10/26. (S4)
- 2.00 PM **Star Trek: Voyager** Five episodes, including at: 4.00 6/26. B'Elanna experiences strange visions involving forbidden love. 5.00 7/26. Kes is seriously hurt by an energy burst. 6.00 8/26. Part one of two. The crew go back in time to 20th-century LA. (S3)



9.00 Jurassic Domination

- 7.00 **FILM Pompeii** Disaster drama starring Kit Harington and Emily Browning. A gladiator fights to save the woman he loves as the Roman city faces destruction from a volcanic eruption. (2014, 12, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **FILM Jurassic Domination** Horror starring Jack Pearson. When two military-made, weaponised dinosaurs attack a small mountain town, it's up to the sheriff to figure out a way to stop the creatures. (2022, PG, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.00 **The Walking Dead** 6/16. After suffering a spectacular fall from grace, a familiar face becomes the unlikely hero of a family of survivors. 12.00 M/T 7/16. Worrying events begin to unfold at a camp outside the prison. (S4)
- 1.00 AM **The Walking Dead** (S4)
- 4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM **Murdoch Mysteries** (S10)
- 10.00 **Elementary** 4-6/24. (S1)
- 1.00 PM **Father Brown**
- 2.00 **Inspector George Gently** *Peace and Love*: An academic is found dead following a nuclear disarmament rally.
- 4.00 **Father Brown** *The Rod of Asclepius*: Lady Felicia's reckless driving lands her in hospital. 5.00 *The Missing Man*: The priest investigates a suicide. 6.00 *The Resurrectionists*: Father Brown investigates a case of body-snatching.



10.00 Death in Paradise

- 7.00 **Father Brown** *The Sins of the Father*: The sleuthing priest sets out to solve the murder of a local aeronautics magnate's son.
- 8.00 **Shakespeare & Hathaway: Private Investigators** 5/10. Lu infiltrates a slimming club to discover their secrets.

- 9.00 **Shakespeare & Hathaway: Private Investigators** 6/10. Frank and Lu get trapped in an author's house. (S4)

- 10.00 **Death in Paradise** *Music to My Ears*: 5/9. Part one of two. A concert pianist is shot dead during an apparent burglary. (S10)

- 11.00 **Alaska Daily** 9/11. A new finding makes a familiar face the top suspect. (S1)
- 11.55 **Evil** 9/10. The Entity asks for David's help with Grace. (S3)
- 12.55 AM **Father Brown**
- 1.55 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.00 AM **Keeping Up Appearances**
- 7.40 **On the Up**
- 8.15 **Are You Being Served?**
- 8.55 **Only Fools and Horses**
- 12.55 PM **Only Fools and Horses** Eight episodes, including at: 5.35 Del Boy pays a stripper to attend a party at the Nag's Head with Rodney, who has been bet by Mickey Pearce that he cannot find a date. 6.15 Del Boy snatches a chance to make a quick profit, leaving gullible Denzil stripped of his redundancy money.



6.55 Only Fools and Horses

- 6.55 **Only Fools and Horses** The council reject Del's grant application, but his spirits are raised by news of a fancy-dress party.

- 8.15 **Only Fools and Horses** Del Boy encounters an old flame from almost 20 years previously.

- 8.55 The Trotter brothers attend Grandad's funeral – and meet a certain long-lost seafaring uncle. 9.35 Rodney aspires to become a pop star, but Del Boy manages to ruin his chances.

- 10.15 The Trotters agree to dog-sit while Boycie and Marlene are on holiday.

- 10.55 **Billy Connolly Does...** Billy looks at how our attitudes towards drinking have changed.

- 11.55 **Billy Connolly Does...**
- 12.55 AM **Only Fools and Horses**
- 2.25 to 4.00 AM **The Fast Show: Just a Load of Blooming Catchphrases**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM **Anthony Bourdain: Parts Unknown** From Tanzania.
- 8.00 **Extreme Salvage Squad**
- 10.00 **Mortimer & Whitehouse: Gone Fishing** From Hampshire.
- 10.40 **Red Bull Soapbox Race**
- 12.40 PM **World's Most Dangerous Roads** Alpine roads in Italy.
- 1.40 **Guy Martin's WWI Tank**
- 3.00 **Robson Green's Weekend Escapes** Triple bill of editions.
- 5.00 **Simon Reeve's South America** Peru and Bolivia.
- 6.00 **Mortimer & Whitehouse: Gone Fishing** Double bill.



5.00 South America

- 7.20 **Mortimer & Whitehouse: Gone Fishing** Paul Whitehouse and Bob Mortimer fish for chub on the River Wye.

- 8.00 **Special Ops: Crime Squad UK** Detectives trawl through hours of CCTV to stop a vaccine fraudster in London.

- 9.00 **Not Going Out** New Year special from 2020. Lee and Lucy's New Year's Eve celebrations do not go according to plan.

- 10.00 **Not Going Out** Lee and Lucy take in a neighbour's embarrassing parcel.

- 10.35 **QI XL** With Alice Levine, Lee Mack and Jimmy Carr.

- 11.40 **Dave Gorman: Modern Life Is Goodish** The comedian reinvents the alphabet.

- 12.40 AM **Have I Got a Bit More News for You** With Aisling Bea.
- 1.40 **Alan Davies: As Yet Untitled**
- 3.30 to 4.00 AM **Rick Stein's Cornwall**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **A New Life in the Sun** Five editions.
- 2.00 PM **A Place in the Sun** Six editions, including at: 5.00 Jean Johansson helps a couple search for a winter retreat in Spain's Balearic Islands. 6.00 Ben Hillman helps a couple find a holiday home in Granada, Spain. 7.00 A Staffordshire couple seek a holiday home in central France.
- 8.00 **FILM Star Trek** Sci-fi adventure prequel with Chris Pine and Zachary Quinto. James T Kirk falls foul of young Vulcan officer Spock when he joins the new starship, *Enterprise*. (2009, 12, 127min) ★★
- 10.30 **Open House: The Great Sex Experiment**
- 12.40 AM **Gogglebox**
- 1.45 **The Dog House**
- 2.50 **999: On the Front Line**
- 3.50 to 4.50 AM **24 Hours in A&E**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM **Entertainment News**
- 9.10 **Blue Bloods** (S2)
- 1.00 PM **NCIS** Eight episodes of the series, including at: 5.00 *Road Kill*: 10/25. A petty officer involved in a fight club is killed. 6.00 *Silent Night*: 11/25. A robbery is committed by a man believed dead. 7.00 *Caged*: 12/25. McGee tries to quell a crisis in a women's prison. 8.00 *Broken Bird*: 13/25. Ducky is accused of war crimes by a knife-wielding woman. (S6)
- 9.00 **Criminal Minds** *Won't Get Fooled Again*: 3/22. The team search for a copcat bomber. 10.00 *Plain Sight*: 4/22. The team hunt for a rapist in San Diego. (S1)
- 11.00 **Law & Order: Special Victims Unit** (S16&15)
- 2.50 AM **The Good Wife** (S1)
- 3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **Entertainment News**
- 8.10 **Highway Patrol**
- 8.40 **Dogs Behaving** (Very) Badly Triple bill.
- 11.40 **FILM The Secret Garden** Period drama with Kate Maberly. (1993, U, 97min) ★★
- 2.00 PM **Nightmare Tenants, Slum Landlords**
- 6.55 **FILM The Lake House** Romantic fantasy starring Keanu Reeves. (2005, PG, 98min) ★★
- 9.00 **FILM Bridget Jones's Diary** Romantic comedy drama starring Renée Zellweger, Hugh Grant and Colin Firth. (2001, 15, 96min) ★★
- 11.05 **FILM Drop Dead Gorgeous** Comedy. (1999, 15, 100min) ★★
- 1.10 AM **Killer at the Crime Scene** Documentary.
- 2.05 **Skin A&E** Double bill.
- 3.50 to 4.00 AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Entertainment News**
- 9.15 **Shop Smart, Save Money** Coffee machines.
- 10.15 **Car Pound Cops**
- 10.40 **Police Interceptors**
- 2.45 PM **FILM The Spoilers** Western starring Marlene Dietrich. (1942, b/w, PG, 87min) ★★
- 4.35 **FILM Rough Night in Jericho** Western starring Dean Martin. (1967, PG, 97min) ★★
- 6.40 **FILM Every Which Way But Loose** Comedy starring Clint Eastwood and Sondra Locke. (1978, 12, 114min) ★★
- 9.00 **FILM Cliffhanger** Action adventure with Sylvester Stallone. (1993, 15, 112min) ★★
- 11.10 **FILM Non-Stop** Thriller with Liam Neeson. (2014, 12, 106min) ★★
- 1.20 AM **Police Interceptors**
- 2.20 **Trucking Hell**
- 3.20 **Car Pound Cops**
- 3.50 to 4.00 AM **Entertainment News**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&W

132/133 827 125 25 156

- 6.10 AM **The Bill**
- 11.00 **Tipping Point**
- 3.00 PM **My Family**
- 5.00 **Outnumbered** Six episodes, including at: 7.00 Sue and Pete go out for a meal together. 7.40 Karen becomes preoccupied with Satan. 8.20 The Brockmans endure a restless night.
- 9.00 **Gavin & Stacey** The newlyweds argue while on a night out at the bowling alley. 9.40 Bryn tries to organise a surprise party for Gwen's birthday. 10.15 The newlyweds begin leading separate lives in their home towns. 10.55 Nessa goes into labour a month early.
- 11.25 **The Undateables**
- 12.25 AM **Wedding Valley**
- 1.30 **Alex Jones: Making Babies** Documentary.
- 2.20 to 3.00 AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.35 AM **Birds of a Feather**
- 8.10 **Bergerac**
- 11.20 **Lovejoy**
- 1.45 PM **Call the Midwife**
- 3.05 **The Marlow Murder Club** 1/2. Crime drama.
- 5.00 **Signora Volpe** 2/3. (S1)
- 6.55 **Whitstable Pearl** *Civil War*: 3/6. An investigation into a retired police officer's death proves complicated. 8.00 *Disappearance at Oare*: 4/6. A widow hires Pearl to investigate when she receives an anonymous note. (S1)
- 9.00 **Bergerac** *Play Nicely*: 2/6. Bergerac tries to find kidnapped baby Lily before it's too late. (S1)
- 10.00 **Harlots** 3/8. Lucy spends time with Lord and Lady Repton. (S1)
- 11.00 **Hotel Portofino** (S1)
- 12.10 AM **The Heart Guy**
- 1.10 **Rebus** *Let It Bleed*.
- 2.45 to 4.00 AM **Bergerac**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes by the Sea** From Tuscany.
- 7.00 **Teleshopping**
- 8.00 **Salvage Hunters**
- 10.00 **Celebrity Yorkshire Auction House**
- 12.00 **NOON The Yorkshire Auction House**
- 1.00 PM **Antiques Road Trip**
- 6.00 **The Hotel Inspector** Alex Polizzi is called to an Exeter hotel whose owner plans to retire and hand the business to her daughter.
- 7.00 **The Hotel Inspector: The Walkout** Alex is called to help the landlord of the Crown Inn in Aldbourne, Wiltshire.
- 8.00 **The Hotel Inspector** Alex visits a country house hotel in Bideford.
- 9.00 **The Repair Shop**
- 12.00 **MT Help! My House Is Haunted** Double bill.
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

- 7.00 AM **The Chase**
- 9.00 **Bruce's Price Is Right**
- 10.00 **Dale's Supermarket Sweep** Double bill.
- 11.00 **All Star Family Fortunes** Triple bill.
- 1.00 PM **Cash Trapped**
- 3.00 **Bullseye** Double bill.
- 4.00 **The Chase** Celebrity Special With Phil Tufnell, Jennie Bond, Ulrika Jonsson and Laurence Llewellyn-Bowen.
- 5.00 Alex James, Ann Widdecombe, Sara Cox and Eamonn Holmes compete for charity.
- 6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
- 9.00 **The Family Chase** The Bennetts from Hampshire take part.
- 10.00 **The Chase** Quiz show.
- 11.00 **Bullseye** Ten editions of the darts-based quiz.
- 4.00 AM **The Chase** Celebrity Special
- 5.00 to 6.00 AM **The Chase**

GREAT! action

323 426 42

- 8.00 AM **Wanted: Dead or Alive** Western drama.
- 8.30 **The Blitz on Hamburg**
- 9.50 **Battle Honours**
- 11.00 **FILM The Big Lift** Wartime drama. (1950, b/w, PG, 119min) ★★
- 1.00 PM **Wanted: Dead or Alive** Triple bill.
- 2.30 **FILM Return of the Seven** Western sequel. (1966, PG, 95min) ★★
- 4.35 **FILM Vera Cruz** Western. (1954, PG, 94min) ★★
- 6.35 **FILM Will Penny** Elegiac Western. (1967, PG, 109min) ★★
- 9.00 **FILM Halls of Montezuma** Drama. (1950, U, 109min) ★★
- 11.25 **FILM Operation Dunkirk** War adventure. (2017, 15, 96min) ★★
- 1.40 AM **FILM Disaster Zone: Volcano** In New York Thriller. (2006, 12) ★★
- 3.40 to 5.00 AM **Wild West Chronicles**

+1 hour 324

GREAT! movies

321 425 34

- 9.10 AM **Sue Thomas: F.B. Eye**
- 10.10 **FILM Below the Surface** Crime thriller. (2016, PG, 90min) ★★
- 12.10 PM **FILM Garage Sale Mystery: The Wedding Dress** Crime drama. (2015, PG, 83min) ★★
- 2.05 **FILM Garage Sale Mystery: Guilty Until Proven Innocent** Crime drama. (2016, PG) ★★
- 4.05 **FILM Big Comedy** with Tom Hanks. (1988, PG, 102min) ★★
- 6.20 **FILM Dead Poets Society** Drama. (1989, PG, 126min) ★★
- 9.00 **FILM Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★
- 11.45 **FILM The Da Vinci Code** Conspiracy thriller. (2006, 12, 149min) ★★
- 3.00 AM **Air Rescue**
- 4.00 to 6.00 AM **FILM Mom Wars** Thriller. (2017, PG, 87min) ★★

+1 hour 322

GREAT! romance

319 424 52

- 8.10 AM **FILM Matching Hearts** (2020, PG) ★★
- 10.05 **FILM Same Time Next Week** Romantic drama. (2016, PG, 90min) ★★
- 12.00 **NOON FILM Anything for Love** Comedy. (2016, PG, 84min) ★★
- 1.55 PM **FILM Bottled with Love** Romantic drama. (2019, PG, 85min) ★★
- 4.00 **FILM Love & Where to Find It** Comedy. (2021, PG, 85min) ★★
- 6.10 **FILM Secret Millionaire** Romantic comedy. (2018, PG, 84min) ★★
- 8.00 **FILM 14 Love Letters** Drama. (2022, U) ★★
- 9.55 **FILM Blue Moon Ball** Drama. (2021, U) ★★
- 12.00 **MT FILM Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
- 2.00 AM **Highway to Heaven**
- 2.55 to 5.00 AM **FILM The Love Subscription** Comedy. (2023, PG) ★★

+1 hour 320 63

Rewind TV

182 95

- 6.00 AM **Flash Gordon's Trip to Mars** 7/15. (S1)
- 6.25 **Roobarb**
- 6.30 **Huckleberry Finn and His Friends** (S1)
- 9.00 **Monkey** 20/26. (S1)
- 10.00 **Fantasy Island** (S1)
- 1.00 PM **Kane & Abel**
- 3.00 **Born Free** 1/13. (S1)
- 4.00 **Bubblegum & Cheese**
- 5.00 **Stereo Underground**
- 6.00 **The Prisoner** 12/17. (S1)
- 7.00 **The Charming** 3/6. (S1)
- 8.00 **Bust Weekend Break** 3/6. Neil Walsh tries to rebuild his life after being made bankrupt. (S2)
- 9.00 **Married... with Children** 4-6/13. (S1)
- 10.30 **Police Woman** *It's Only a Game*: 6/22. Crowley isn't happy when a new recruit joins. (S1)
- 11.30 **Kane & Abel**
- 1.30 AM **The Charming** (S1)
- 2.30 **Fantasy Island** (S1)
- 4.30 **The Prisoner** 12/17. (S1)
- 5.30 to 6.00 AM **That's My Dog**

DMAX

159 169 39 147

- 6.00 AM **Deadliest Catch**
- 10.00 **Aussie Gold Hunters**
- 2.00 PM **Outback Opal Hunters** Five editions.
- 7.00 **Mysterious Creatures with Forrest Galante** Forrest and Jessica are in Peru to look into reports of a man-like beast in the Andes.
- 8.00 **The infamous legend of a 60-foot snake** brings Forrest and Jessica to Brazil.
- 9.00 **The Face Doctors** Alex has become a prisoner in his own home after having his nose surgically removed.
- 10.00 **Brenda** is paralysed down one side of her face and wants her smile back.
- 11.00 **Body Bizarre** Triple bill of the documentary.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 190 43 148

- 6.00 AM **Giada Entertains**
- 11.00 **Rachel Allen's Easy Meals** Four editions.
- 1.00 PM **Rachel Khoo's Simple Pleasures**
- 3.00 **Mary Berry's Simple Comforts** Triple bill.
- 4.30 **Mary Berry: Love to Cook** Four recipes that will not break the bank.
- 5.00 **Nadiya's Family Favourites** Four editions.
- 7.00 **Forever Summer with Nigella** Four editions.
- 9.00 AM **Man v Food with Casey Webb** Casey is in Hoboken, New Jersey, to sample tasty treats.
- 9.30 **Man v Food** Adam Richman travels to Hawaii, where he faces a giant pancake challenge.
- 10.00 **Man v Food with Casey Webb** Four editions.
- 12.00 **MT Man v Food**
- 12.30 AM **Man v Food with Casey Webb**
- 1.00 to 3.00 AM **Cake Boss**

+1 hour 240/241 154

Legend

148 149 41 137

- 7.00 AM **The Twilight Zone**
- 8.00 **FILM Arctic Apocalypse** Thriller. (2019, PG) ★
- 10.00 **T.J. Hooker** (S4)
- 3.00 PM **FILM Angel and the Bad Man** Western. (2009, PG, 95min) ★★
- 4.50 **FILM The Pledge** Western drama. (2008, PG, 79min) ★★
- 6.40 **FILM Siringo** Western. (1996, PG, 90min) ★★
- 8.30 **The Twilight Zone** (S3)
- 9.00 **FILM The Sweeney** Action thriller based on the book by James Ellroy, starring Russell Crowe, Guy Pearce and Kevin Spacey (1997, 18, 138min) ★★
- 11.20 **FILM The Football Factory** Violent drama. (2004, 18, 91min) ★
- 1.10 AM **FILM An American Werewolf in Paris** Horror thriller sequel. (1997, 15, 102min) ★★
- 3.05 to 4.55 AM **FILM The Lawnmower Man 2: Beyond Cyberspace** Sci-fi thriller sequel. (1995, 12, 92min) ★

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
- 8.00 **10.5 Apocalypse**
- 12.00 **NOON FILM Mammoth** Action thriller starring Vincent Ventresca. (2006, 12, 90min) ★★
- 2.00 PM **FILM Riddles of the Sphinx** Adventure starring Dina Meyer. (2008, 12, 89min) ★★
- 4.00 **Farscape** (S2)
- 9.00 **FILM L.A. Confidential** Period thriller based on the book by James Ellroy, starring Russell Crowe, Guy Pearce and Kevin Spacey (1997, 18, 138min) ★★
- 11.40 **FILM Black Rock** Horror starring Katie Aseleton and Lake Bell. (2012, 15, 78min) ★★
- 1.15 to 3.00 AM **FILM Bloodthirsty** Horror starring Lauren Beatty. (2020, 15, 84min) ★★

+1 hour 318 371 139

Blaze

164 174 64 161

- 6.00 AM **Storage Wars**
- 8.00 **Swamp People**
- 10.00 **Wicked Tuna**
- 11.00 **Blown Away**
- 12.00 **NOON A Cut Above**
- 1.00 PM **Weird or What? With William Shatner**
- 3.00 **Ancient Aliens**
- 7.00 **Ancient Aliens** The possibility that aliens helped ancient cultures build megalithic stone structures.
- 8.00 **In Search of Aliens** The influence of aliens on the establishing acts of the Founding Fathers.
- 9.00 **Mirage Men** How UFO mythology was used to cover up America's advanced technology.
- 11.00 **The Proof Is Out There**
- 12.00 **MT Strange Evidence**
- 1.00 AM **Court Cam**
- 2.00 **Container Wars**
- 3.00 **Roswell 75: The Final Evidence** Documentary.
- 5.00 to 6.00 AM **Hardcore Pawn**

5SELECT

153 138 46 133

- 9.00 AM **Secrets of the Royal Palaces**
- 12.00 **NOON Murder, She Wrote** Five episodes.
- 5.00 PM **World War II in Colour** Mussolini's decision to push Italy's forces into North Africa.
- 6.00 **Exploring the strategic firebombing of German cities.**
- 7.00 **Nazi Megastructures** The occupation and fortification of Norway.
- 8.00 **Hitler's plan to land troops in southern England in 1940.**
- 9.00 **Countdown to War** Anxiety builds as war becomes inevitable.
- 10.00 **Buried Secrets of WWII** Searching for historical evidence in Papua New Guinea.
- 11.00 **Hitler: Germany's Fatal Attraction**
- 12.00 **MT Rob Bell's Engineering Reborn**
- 3.50 to 4.00 AM **Entertainment News**

HGTV

158 191 44 149

- 7.00 AM **Man v Food**
- 11.00 **My Lottery Dream Home** Eight editions.
- 3.00 PM **Derelict Rescue**
- 7.00 **Derelict Rescue** Duncan and June have grand plans to transform a lighthouse in Clyde.
- 8.00 **Carly and Tim** resurrect a rundown Sunday School.
- 9.00 **Rookie renovator** Matt is determined to transform a tiny barn in mid-Wales.
- 10.00 **Alan and Anne** plan to turn a church into a luxury holiday let.
- 11.00 **Church pastors** Jock and Shirley set out to turn a run-down barn into a heavenly home.
- 12.00 **MT In Cumbria**, Mike and Sandra buy themselves a retirement project to do up.
- 1.00 AM **Rock the Block**
- 2.00 to 4.00 AM **The Flip Off**

+1 hour 258/262 391

TLC

133/134 828 165

- 7.00 AM **Curvy Brides** Boutique Double bill.
- 9.00 **Say Yes to the Dress: UK** Double bill.
- 10.00 **Outdaughtered...**
- 12.00 **NOON Curvy Brides** Boutique Double bill.
- 1.00 PM **1000-lb Sisters**
- 2.00 **My Big Fat Fabulous Life**
- 3.00 **Doubling Down with the Derricos**
- 4.00 **Outdaughtered: Busby Quints**
- 5.00 **The Bad Skin Clinic**
- 6.00 **Dr Pimple Popper**
- 7.00 **Baylen Out Loud**
- 8.00 **The Bad Skin Clinic**
- 9.00 **Dr Pimple Popper**
- 10.00 **NEW Louder: The Soundtrack of Change**
- 11.30 **Sex Sent Me to the ER**
- 12.30 AM **Extreme Couponing**
- 1.30 **Body Bizarre**
- 2.30 **Louder: The...**
- 4.00 **I am Shauna Rae**
- 5.00 to 6.00 AM **Curvy Brides** Boutique

+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Michael McIntyre's Big Show** As 4.30pm.
- 9.00 **Whose Line Is It Anyway? USA**
- 9.30 **Friends** (S8&9)
- 4.30 PM **Michael McIntyre's Big Show** With Alfie Boe, Michael Ball, Catherine Tate and Harry Enfield.
- 6.00 **Friends** (S9)
- 9.00 **FILM Charlie's Angels** Comedy thriller based on the 1970s TV series, starring Cameron Diaz, Drew Barrymore and Lucy Liu. (2000, 15, 97min) ★★
- 10.55 **8 Out of 10 Cats** Double bill of the comedy panel show.
- 11.55 **Jack Whitehall Live** Stand-up performance.
- 1.45 AM **Teachers** (S3)
- 2.15 **Whose Line Is It Anyway? USA**
- 3.15 **Romesh Ranganathan: Irrational Live**
- 4.15 to 5.00 AM **Guessable?**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Home Improvement**
- 1.00 PM **Michael McIntyre's Big Show** With Alfie Boe.
- 2.00 **Impractical Jokers**
- 6.00 **Whose Line Is It Anyway? USA**
- 9.00 **Friends** 7/24. Phoebe fails to impress her boyfriend's parents.
- 9.30 **8/24**. Rachel's sister Amy joins the gang for Thanksgiving.
- 10.00 **9/24**. Rachel impulsively gives a handsome restaurant patron her number.
- 10.30 **10/24**. Chandler gets stuck in Tulsa for Christmas. (S9)
- 11.00 **Friends** 11-18/24. (S9)
- 3.05 AM **Last Man Standing**
- 3.45 **David Spade: My Fake Problems** Stand-up.
- 4.30 **Al Murray: My Gaff, My Rules** Stand-up show.
- 5.15 to 6.00 AM **Home Improvement**

Sky Replay

152 156

- 7.00 AM **Highway Cops**
- 9.00 **Four Weddings**
- 11.00 **Nothing to Declare**
- 2.00 PM **MacGyver** Five episodes, including at: 4/15. *Desi's brother finds himself in trouble.* 5/00. *Jack + Kinematics + Safe Cracker + MgKNO3 + Gto:* 5/15. The team try to solve a fallen friend's final case.
- 6.00 **Quarantine + N95 + Landline + Telescope + Social Distance:** 6/15. Mac, Bozer and Riley tackle a crime while quarantined. (S5)
- 7.00 **Motorway Patrol** Ten editions of the series following the New Zealand highway patrol.
- 12.00 **MT A League of Their Own: European Road Trip** Triple bill of editions.
- 3.00 to 6.00 AM **Four Weddings**

MTV

126/127 824 134

- 6.00 AM **Daria** 11/13. (S2)
- 6.30 **16 and Pregnant**
- 7.20 **Teen Mom: The Next Chapter** Double bill.
- 9.00 **Dallas Cowboys Cheerleaders**
- 1.00 PM **Catfish: Firsts**
- 2.00 **Catfish: Scammed**
- 3.00 **Catfish: The TV Show**
- 4.00 **Catfish: Scammed**
- 5.00 **Catfish: The TV Show**
- 7.00 **Catfish: Models**
- 8.00 **Catfish: Repeat** Offenders Whitney tries to find out why Brenell refuses to video chat.
- 9.00 **NEW SERIES In Bloom: Everybody's Fight** The story of those affected by reproductive freedom restrictions in America.
- 9.30 **Badass Brides** A woman who booked her wedding without telling her partner.
- 10.30 **Ink Master** Double bill.
- 12.30 AM **Geordie Shore**
- 1.30 **True Life Crime**
- 2.20 to 4.00 AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00 AM How It's Made**
- 12.00 NOON Deadliest Catch**
Six editions, including at:
2.00 PM Sig risks capsizing when his tank floods in a storm.
3.00 PM Sig plans to deploy a Norwegian secret weapon to locate the bairdi school.
4.00 PM Johnathan alters time to make good on a promise.
5.00 PM Sig devises a way to speed up his crew.
- 6.00 PM Gold Rush** Brennan confronts Kevin about a lack of equipment, and Parker gives monster dirt haulers a try.



12.00 Deadliest Catch

Animal Planet

162/175 178

- 8.00 AM Tanked** Backyard ponds.
- 9.00 PM Pit Bulls & Parolees**
- 10.00 PM My Cat from Hell**
- 11.00 AM Animal Cops Philadelphia**
- 12.00 NOON Tanked**
- 1.00 PM Pit Bulls & Parolees**
- 2.00 PM Deadliest Sharks**
- 3.00 PM Shark Alley: Legend of Dynamite** A great white shark's journey to maturity.
- 4.00 PM My Cat from Hell**
- 5.00 PM Animal Cops Philadelphia**
- 6.00 PM Tanked** The San Francisco Giants ask the guys to build an aquarium in their stadium.



8.00 Wild Australia

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory**
- 9.00 AM Air Crash Investigation**
- 11.00 PM** **Mutant Weather**
- 12.00 NOON World's Worst Natural Disasters**
- 1.00 PM Vikings: The Rise and Fall** Triple bill of editions.
- 4.00 PM Draining Loch Ness: In Search of the Monster** Advanced scanning technology is used to explore the depths of Loch Ness.
- 5.00 PM Hitler's Death Army: Das Reich 1&2/2.** Documentary about elite German soldiers.



7.00 Air Crash Investigation

Sky History

123/124 821 131 353 368

- 6.00 AM Forged in Fire**
- Tournament of Champions**
- 7.00 PM Flipping Bangers**
- 9.00 PM The Curse of Oak Island**
- 10.00 PM Pawn Stars** Double bill.
- 12.00 NOON Auction Kings**
- 2.00 PM Crusaders**
- 5.00 PM Secrets in the Ice**
- 6.00 PM Ramses the Great: King of Ancient Egypt** The life of Ramses II – also known as Ramses the Great – who was a pharaoh of Egypt during the New Kingdom, a time of great prosperity for the country.



9.00 Queens of Ancient Egypt

U&Yesterday

155 846 129 27 159

- 6.10 AM The World at War**
- 11.00 PM Porridge** Triple bill.
- 1.00 PM American Pickers**
- 4.00 PM James May: My Sisters' Top Toys** James tries to understand the appeal of certain toys.
- 5.00 PM James May's Cars of the People** James charts the history of 4x4 vehicles from World War Two onwards.
- 6.00 PM** James looks at some of the advances in motoring that never caught on, driving an amphibious car and an electric scooter, and taking a ride in the world's fastest driverless car.



5.00 Cars of the People

7.00 PM Gold Divers A perilous plunge wreaks havoc with Chris McCully's air compressor, and Shawn scours foreign ground.

8.00 PM Harpoon Hunters Joe partners with Niko, but when Niko's zipper fails at the worst possible moment, Tyler steps in.

9.00 PM Caught! Featuring clips of showdowns and explosions at work.
9.30 PM Featuring clips of holidays gone wrong.

10.00 PM Expedition Files
New information reveals Jack the Ripper's identity, while DNA suggests the existence of a Yeti.

11.00 PM Moonshiners Mike and Jerry initiate their revenge plan until a well-aimed shot turns the tables.

12.00 PM Caught! Double bill.
1.00 AM Moonshiners: Master Distiller Triple bill of editions.
4.00 PM to 5.00 AM How Do They Do It?

7.00 PM How Do Animals Do That? Fun facts about squirrels and insects.
7.30 PM Why pandas are black and white.

8.00 PM Wild Australia 2/2. Documentary looking at the wilderness of Australia through the eyes of the indigenous Aborigines.

9.00 PM Wild Mexico A profile of the country, which is home to a vast wilderness of oceans, deserts, jungle and unique creatures.

10.00 PM Alaska Monsters The team investigate the Otterman, which is believed to have the ability to shape-shift.

11.00 PM Legends of the Wild The strange deaths of crocodiles in Australia's Northern Territory.

12.00 PM Legends of the Wild
1.00 AM Alaska: Surviving the Last Frontier Documentary.
2.00 PM My Cat from Hell
3.00 PM Animal Cops Philadelphia
4.00 PM to 5.00 AM Tanked

7.00 PM Air Crash Investigation
The case of Luxair Flight 50, which fell out of the sky just a few miles short of Luxembourg airport.

8.00 PM Air Crash Investigation
Reconstructing the forced landing at sea of a plane flying from Italy to Tunisia in 2005.

9.00 PM Air Crash Investigation
A Martinair flight mysteriously crashes in Portugal amid heavy rain and thunderstorms.

10.00 PM Britain's Underworld
The work of crime bosses that ruled Britain's toughest cities between the 1950s and 1990s.

11.00 PM Russia's Toughest Prisons
12.00 PM Mysterious Islands
1.00 AM Paranatural Investigating cases of mass animal deaths.
2.00 PM Made in a Day Double bill.
2.55 PM Food Factory USA
3.45 PM Bid & Destroy
4.35 PM to 5.00 AM **Prairie Dog Dynasty**

7.00 PM The Lost City of Ramses II 1/2. A look into the true history of the lost city of Ramses the Great.

8.00 PM The Lost City of Ramses II 2/2. The story of one of the most emblematic pharaohs of Ancient Egypt.

9.00 PM Queens of Ancient Egypt
Ancient Egyptian queens who have shaped history, featuring an assessment of their enduring legacies.

10.00 PM Queens of Ancient Egypt
The shocking story of two other Cleopatras who ruled Egypt jointly with Ptolemy VIII.

11.00 PM Queens of Ancient Egypt
12.00 PM Forged in Fire Three smiths who suffered broken blades get another chance.
1.00 AM Competitor-turned-judge Ben Abbott faces a five-hour showdown.
2.00 PM Pawn Stars Double bill.
4.00 PM to 6.00 AM Auction Kings

7.00 PM Bangers & Cash
Dave attempts to extricate a Volkswagen Golf from a garden that has grown up around it.

8.00 PM Bangers & Cash Derek travels to Bridlington to pick up a Morris 8 tourer, a Mini Van and a 1940s Morris LC3 truck.

9.00 PM Bangers & Cash Derek heads off to Blackpool to pick up a red 1970 Opel GT and a 1956 Ford Hot Rod pick-up.

10.00 PM 'Allo 'Allo! Michelle joins Crabtree in a duet.
10.40 PM The Colonel and Gruber's escape plan has gone awry.

11.20 PM 'Allo 'Allo! Rene is imprisoned by Louise, who plans to use him as her love slave, while Mimi, Edith and Yvette are convinced that he is dead.
12.00 PM Bangers & Cash Paul heads to the Lake District for a poignant collection.
1.00 PM to 3.00 AM Make It at Market

+1 hour 225/226 377

+1 hour 262/275 378

+1 hour 229/230 383

+1 hour 223/224 331

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM World's Greatest Motorcycle Rides**
- 8.00 PM Wheeler Dealers**
- 9.00 PM The Ultimate Cycling Show** A comprehensive guide to bike racing.
- 10.00 PM Wheeler Dealers**
- 2.00 PM Shed and Buried**
- 6.00 PM Salvage Hunters**
- 8.00 PM Salvage Hunters: Georgian House Restoration** Drew heads to a huge antique market to furnish his dream home.
- 9.00 PM Vinnie Jones in the Country** The former footballer is determined to finish jobs at his farm.
- 10.00 PM Meet the Rees-Moggs** Reality series following Conservative politician Jacob Rees-Mogg.
- 11.00 PM Outback Truckers**
- 1.00 AM Legend of Croc Gold**
- 3.00 to 5.00 AM** **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: UK** Double bill.
- 7.00 PM Say Yes to the Dress: Lancashire**
- 8.00 PM Say Yes to the Dress: Atlanta** Reality series.
- 9.00 PM Say Yes to the Dress**
- 12.00 NOON Forensic Detectives** Triple bill.
- 3.00 PM Disappeared**
- 9.00 AM A Killer's Mistake** **New edition** Ashley Wadsworth's dream move quickly turns into a nightmare.
- 10.00 PM Murder Under the Friday Night Lights** **New edition** In Texas, a popular high-school athlete is found dead.
- 11.00 PM Faking It: Tears of a Crime** Mark Galante.
- 12.00 PM M.T. Gary Glitter: A Faking It Special**
- 1.00 AM Faking It: Jimmy Savile** Documentary.
- 2.00 PM Murder Comes to Town**
- 3.00 to 4.00 AM FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy**
- 1.00 PM Judge Judy**
- 6.05 PM Citizen Detective**
- 7.00 PM Bloodline Detectives** DNA science names the Phoenix Canal Killer.
- 8.00 PM Murder She Solved** The murder of two taxi drivers in Austin, Texas.
- 9.00 PM Snapped: Killer Couples** A US Navy man falls victim to a deadly home invasion.
- 10.00 PM** An attack on a spiritual leader takes the investigation into a dark underworld.
- 11.00 PM Real Detective** A Montana cop is forced to enter the world of a ritualistic child killer.
- 12.00 PM M.T. An FBS** Special Agent tries to find a kidnapped boy.
- 1.00 AM To Catch a Killer**
- 3.00 PM Donal MacIntyre's Murder Files**
- 4.00 PM to 6.00 AM Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM 48 Hours**
- 2.00 PM Medical Detectives** Investigating the murder of a gym teacher.
- 2.30 PM** The disappearance of Madalyn Murray O'Hair, the founder of the American Atheists.
- 3.00 PM** Investigating a depressed heart surgeon's suicide.
- 3.30 PM** A case involving a truck and an unconscious man.
- 4.00 PM** CCTV footage of a murder proves too fuzzy to be of any use.
- 4.30 PM** The body of a woman is found in a box.
- 5.00 PM The Real Prime** Suspect Britain's first kidnapping and murder case.
- 6.00 PM Judge Judy** Real-life small-claims cases.
- 12.15 AM Judge Judy**
- 2.00 PM Teens Who Kill**
- 4.00 PM Citizen Detective**
- 4.45 PM to 6.00 AM** **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00 AM Road Wars**
- 8.00 PM Highway Patrol**
- 9.00 PM Brit Cops**
- 10.00 PM Stop, Search, Seize**
- 11.00 PM Britain's Most Evil Killers**
- 12.00 NOON Killer in My...**
- 1.00 PM How I Caught...**
- 2.00 PM The Killer Within**
- 3.00 PM Murders That Shocked the Nation**
- 5.00 PM Murdered at First Sight**
- 6.00 PM Killer in My Village**
- 7.00 PM Britain's Most Evil Killers**
- 8.00 PM Forensics: Catching the Killer** Zara Aleena.
- 9.00 PM How I Caught the Killer**
- 10.00 PM Murder Next Door**
- 11.00 PM I'll Be Gone in the Dark**
- 12.10 AM What the Killer Did Next** Nicola Stephenson.
- 1.05 PM Twisted Killers**
- 2.00 PM Family Secrets: The Disappearance of Alissa Turney**
- 3.40 PM Stop, Search, Seize**
- 4.30 PM to 6.00 AM** **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Grand Tours of Scotland** The history of Scottish tourism.
- 8.40 PM Agatha Christie: 100 Years of Poirot & Miss Marple** As 7.30pm.
- 10.05 PM Thirties in Colour: Countdown to War**
- 1.00 PM Victorian Britain on Film** Documentary.
- 2.30 PM Edwardian Britain in Colour** Double bill.
- 4.30 PM Thirties in Colour: Countdown to War**
- 7.30 PM Agatha Christie: 100 Years of Poirot & Miss Marple** Documentary looking at the crime writer's life and 10 of her most famous books.
- 9.00 PM Agatha Christie's England** Exploring places that inspired the writer's fiction.
- 10.00 PM Edwardian Britain in Colour** Double bill.
- 12.00 PM to 2.00 AM** **Victorian Britain on Film** Documentary.

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Ronald Colman** A profile of the actor.
 7.00 **Discovering: Harvey Keitel**
 8.00 **The Directors**
 9.00 **Being Mary Tyler Moore**
 11.20 **Jane Fonda in Five Acts**
 2.00 PM **I Am Jackie O**
 3.45 **My Icon: Denise Lewis**
 4.00 **Discovering: Helen Mirren**
 5.00 **Discovering: Kate Winslet**
 6.00 **Discovering: Maggie Smith**
 7.00 **Elizabeth Taylor: The Lost Tapes** A profile of the actor told through audio tapes discovered in the archive of journalist Richard Meryman.
 9.00 **FILM Amy** Asif Kapadia's portrait of singer-songwriter Amy Winehouse, whose death in July 2011 followed a well-publicised history of drugs and alcohol abuse. (2015, 15, 128min) ★★★★★
 11.30 **Tina** A celebration of Tina Turner's life and career.
 1.45 AM **Queen of Speed** A profile of ex-rally driver Michele Mouton.
 3.45 **My Icon: Rachel Yankey**
 4.00 to 6.00 AM **The Janes**

Crime+Investigation

156 837 133

- 6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
 9.00 **Court Cam** Four editions.
 11.00 **My Strange Arrest**
 12.00 **NOON Killer in Plain Sight**
 1.00 PM **#Textmewhenyougethome**
 3.00 **Witness to Murder: Digital Evidence** Double bill.
 5.00 **Cold Case Files: DNA Speaks**
 7.00 **The Real Murders of Atlanta** The newly-elected Dekalb County sheriff is murdered just days before taking office.
 8.00 **A Perfect Scam** Exploring the world of scams and how con artists manipulate their victims.
 9.00 **Murder at the Motel** The death of Edward Yesaiti.
 10.00 **Cops Gone Bad with Will Mellor** Investigating violent sexual predator Cliff Mitchell.
 11.00 **West End Murders** The assault and murder of Lynne Weedon.
 12.00 **MT Britain's Darkest Taboos**
 2.00 AM **Murder at the Motel**
 4.00 to 6.00 AM **On the Case with Paula Zahn**

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **Expedition with Steve Backshall** Four editions.
 1.00 PM **Expedition with Steve Backshall** Four editions.
 5.00 **The Bill Woman in Brown:** June and Ken call at a school where a baby has been taken.
 5.30 **Speaking Freely:** Inspector Frazer is up for her appraisal.
 6.00 **The Return of the Prodigal Son:** A man who has been on the run for 12 months unexpectedly hands himself in.
 6.30 **Chinese Whispers:** PC Quinlan arrives and tries to impress all the female officers.
 7.00 **Top of the Pops** Triple bill of classic chart-toppers.
 9.00 **The Brokenwood Mysteries** *The Killing Machine:* 3/4. A car enthusiast is found dead with a lungful of petrol. (S3)
 11.00 **The Bill** Four episodes.
 1.00 AM **Top of the Pops**
 3.00 **The Brokenwood Mysteries**
 4.35 **Expedition with Steve Backshall** Documentary.
 5.25 to 6.00 AM **The Bill**

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **The Wild Wild East**
 8.00 **How the Wild Things Sleep**
 9.00 **Surviving the Amazon**
 12.00 **NOON The Invisible River: Under Water Between the Black Forest and the Vosges**
 1.00 PM **Planet Weird**
 2.00 **Alien Abyss**
 3.00 **Chasing the Rains**
 6.00 **How the Wild Things Sleep**
 7.00 **The Invisible River: Under Water Between the Black Forest and the Vosges** Exploring the wetlands where rare animals and plants thrive.
 8.00 **Africa's Hunters** Three lionesses go into labour.
 9.00 **Age of the Big Cats** A look into the story of the cheetah.
 10.00 **Wild Crusades** A team of wildlife filmmakers learn more about the sloth bear.
 11.00 **The explorers come across a sick elephant calf.**
 12.00 **MT Africa's Hunters**
 1.00 AM **Age of the Big Cats**
 2.00 **Alien Abyss** Documentary.
 3.00 to 6.00 AM **Super Shark Highway**

WILD

165 841 182

- 8.00 AM **Fish Tank Kings**
 9.00 **Secrets of the Zoo: Tampa**
 11.00 **The Incredible Dr Pol**
 12.00 **NOON Yukon Vet**
 2.00 PM **Africa's Big Five**
 3.00 **Ice Road Rescue**
 5.00 **Snakes in the City**
 7.00 **Savage Kingdom** A cheetah and her cubs prepare to cross hostile territory.
 8.00 **The Incredible Dr Pol** *New editions* Double bill of the documentary series.
 10.00 **Predator Bloodlines** A look at how seeking mates can improve an animal's chances of survival against large predators.
 11.00 **Snakes in the City** A huge black mamba hides under a kitchen sink, and Simon rips apart a couch to find a spitter.
 12.00 **MT Alaska: The Next Generation** The first signs of winter have appeared in Alaska.
 1.00 AM **To survive winter, the Alaskan residents must learn new skills using bush ingenuity.**
 2.00 **Secrets of the Zoo**
 4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Evil Stepmothers**
 10.00 **The Lies That Bind**
 12.00 **NOON American Detective with Lt Joe Kenda**
 2.00 PM **Evil Lives Here**
 4.00 **The Big Swindle**
 6.00 **The Killer Beside Me** The murder of Robert Henry.
 7.00 **The fatal shooting of Gayle Isleib in 1996.**
 8.00 **People Magazine Investigates** How investigators linked three cases to the same man.
 9.00 **Evil Lives Here** People recount how loved ones became killers.
 10.00 **Born Evil: The Serial Killer & the Saviour** After returning home from college, a young woman vanishes into thin air.
 11.00 **Murder in the Heartland** Mother-of-two Beth Kutz vanishes in Poynette, Wisconsin.
 12.00 **MT The Curious Case of Natalia Grace** Double bill.
 2.00 AM **The 1980s: The Deadliest Decade** Double bill.
 4.00 to 6.00 AM **Faking It: Tears of a Crime**

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
 9.00 **Hidden Heroes: The Nisei Soldiers of WWII**
 10.00 **NEW The Art of Washoku** Traditional Japanese cuisine.
 11.00 **Empire Builders**
 12.00 **NOON Ancient Aliens**
 2.00 PM **What on Earth?**
 3.00 **How the Nazis Lost the War**
 5.00 **Life After People**
 7.00 **Digging for Britain** Alice Roberts visits archaeological digs around the country.
 8.00 **Rare artefacts found in Happisburgh, Norfolk.**
 9.00 **Ross Kemp: Mafia and Britain** Britain's surprising and deep-rooted links with the Mafia.
 10.00 **Secrets of the Hells Angels** The world of the secretive and notorious biker club.
 11.00 **A Hells Angel proves his loyalty to the gang.**
 12.00 **MT Ancient Aliens**
 2.00 AM **Ross Kemp: Mafia and Britain** As shown at 9.00pm.
 3.00 **Secrets of the Hells Angels**
 5.00 to 6.00 AM **Evidence of the Unexplained**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
 9.00 **Combat Dealers**
 12.00 **NOON Shed and Buried**
 3.00 PM **Salvage Hunters: Classic Cars** A 1960s Mini and a Porsche 928 are considered.
 4.00 **Drew and Paul** unearth a 1968 Mark II Jaguar to modify.
 5.00 **Drew and Paul** are on the trail of a Ford Capri and a Lancia Delta Integrale.
 6.00 **Mega Engineering** Exploring the possibility of underground housing in Chicago.
 7.00 **The potential of a one-mile-tall building in Shanghai.**
 8.00 **Engineers suggest an offshore city in New Orleans.**
 9.00 **Disasters at Sea** The sinking of a Cypriot-registered bulk carrier.
 10.00 **Investigators examine why a chemical tanker exploded.**
 11.00 **The explosion in the port of New Orleans in 2012.**
 12.00 **MT Surviving D-Day**
 2.00 to 5.00 AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **Vintage Voltage**
 9.00 **How Do They Do It?**
 11.00 **Goblin Works Garage**
 12.00 **NOON Motor Pickers**
 5.00 PM **Kindig Customs**
 8.00 **Mike Brewer's World of Cars** Mike visits Antron Brown.
 8.30 **The home of one of the US's foremost coachbuilders.**
 9.00 **Mike tours Detroit to learn about automotive history.**
 9.30 **Mike travels to North Carolina and visits Bill Rhine.**
 10.00 **Mike meets renowned customiser Aaron Hagar.**
 10.30 **Mike meets a family who are experts in mud bogging.**
 11.00 **Mike meets Gene Winfield.**
 11.30 **Classic cars' future in a world with electric motors.**
 12.00 **MT Mike wonders if an old car loses its soul if the engine or body is replaced.**
 12.30 **AM Mike visits shops in the Midlands that are producing small but essential components.**
 1.00 **Richard Hammond's Big**
 2.00 to 5.00 AM **Texas Metal**

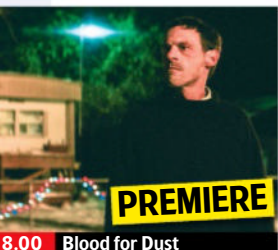
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 7.20 AM **Sky Cinema Preview**
 7.40 **Harold and the Purple Crayon**
 9.15 **Black Dog** As 1.20am.
 11.15 **PREMIERE Blood for Dust**
 1.05 PM **Fight or Flight** As 9.45pm.
 2.50 **The Line** Drama starring Alex Wolff. (2023, 15, 100min)
 4.40 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★
 6.15 **The Garfield Movie** Animation featuring the voice of Chris Pratt. (2023, U, 101min) ★★



8.00 Blood for Dust

- 8.00 **PREMIERE Blood for Dust** Thriller with Scoot McNairy. A travelling salesman finds himself on a dangerous path after a chance encounter with a former colleague. (2023, 18, 98min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
 9.45 **Fight or Flight** Thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
 11.30 **MaXXXine** Thriller with Mia Goth. (2024, 18, 104min) ★★★★★
 1.20 AM **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min)
 3.30 **A Place Called Silence** Chinese mystery thriller. Subtitled. (2024, 15, 119min)
 5.40 to 6.00 AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

- 7.45 AM **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
 10.05 **The Survivor** As 2.05am.
 12.25 PM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★★
 2.15 **Chicago** Oscar-winning musical. (2002, 12, 112min) ★★★★★
 4.20 **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★★
 6.15 **Aisha** Drama with Letitia Wright. (2022, 12, 94min) ★★★★★
 8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★★★
 10.15 **Whiplash** Drama starring Miles Teller and JK Simmons. A jazz drummer's dream of enrolling at a prestigious music academy turns into a nightmare thanks to his uncompromising tutor. (2014, 15, 106min) ★★★★★
 12.10 AM **Aporia** Sci-fi drama. (2023, 15, 104min) ★★★★★
 2.05 **The Survivor** Fact-based wartime drama starring Ben Foster and John Leguizamo. (2021, 15, 129min) ★★★★★
 4.25 to 6.30 AM **Pawn Sacrifice** Fact-based sports drama starring Tobey Maguire. (2014, 12, 115min) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.35 AM **A Sacrifice** As 2.55am.
 8.25 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★★
 10.15 **Drive-Away Dolls** Comedy. (2023, 15, 84min) ★★★★★
 11.55 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★★
 1.50 PM **The Hangover Part II** Comedy sequel. (2011, 15) ★★
 3.45 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
 5.40 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★★



5.40 The Fall Guy

- 8.00 **Mission: Impossible – Dead Reckoning Part One** Action thriller starring Tom Cruise. The IMF team race to acquire two halves of an interlocking key that can regain control of a lethal artificial intelligence. With Hayley Atwell. (2023, 12, 163min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
 10.45 **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. (2020, 15, 124min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
 12.50 AM **Force of Nature: The Dry 2** Thriller sequel starring Eric Bana. (2024, 15, 120min) ★★★★★
 2.55 **A Sacrifice** Drama with Eric Bana. (2024, 15, 94min) ★★★★★
 4.45 to 6.25 AM **Moving On** Comedy starring Jane Fonda. (2022, 15, 85min) ★★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.30 AM **Thir13en Ghosts** As 2.10am.
 9.15 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
 11.05 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★★★
 1.10 PM **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★★
 3.25 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★★
 6.05 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★★
 8.00 **It** Stephen King chiller starring Bill Skarsgård and Sophia Lillis. (2017, 15, 135min) ★★★★★
 10.25 **Resident Evil: The Final Chapter** Horror sequel starring Milla Jovovich and Ali Larter. Amnesiac soldier Alice prepares for her last stand-off with the evil Umbrella Corporation. (2016, 15, 107min) ★★★★★
 12.20 AM **Resident Evil** Sci-fi horror. (2002, 15, 100min) ★★★★★
 2.10 **Thir13en Ghosts** Horror chiller. (2001, 15, 91min) ★★★★★
 3.55 **Resident Evil: Extinction** Sci-fi horror thriller sequel. (2007, 15, 90min) ★★
 5.40 to 7.25 AM **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★★★

Sky Cinema Kids Books

306 406 506 520

- 6.10 AM Sky Cinema Preview
 6.40 The Lord of the Rings: The Fellowship of the Ring (2001)
 9.40 The Lord of the Rings: Two Towers (2002, 12) ★★★★★
 12.40 PM The Lord of the Rings: Return of the King Fantasy. (2003, 12, 201min) ★★★★★
 4.00 The Hobbit: An Unexpected Journey (2012, 12) ★★
 6.50 The Hobbit: The Battle of the Five Armies Fantasy. (2014, 12, 144min) ★★



4.00 The Hobbit

The Hobbit: The Battle of the Five Armies
 (film started at 6.50pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.20 The Hobbit: The Desolation of Smaug Peter Jackson's epic fantasy adventure starring Martin Freeman and Ian McKellen. Hobbit Bilbo Baggins and the company of dwarves continue their quest to reclaim the dwarves' lost kingdom. (2013, 12, 161min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.05 AM Mavka: The Forest Song Animated fantasy adventure. (2023, PG, 99min) ★★
 1.50 The Canterville Ghost Animated family adventure. (2023, PG, 89min) ★★
 3.30 The Tiger Rising Drama. (2022, PG, 102min) ★★
 5.20 The Cinema List: Family Favourites
 5.35 to 7.25 AM Mavka: The Forest Song As 12.05am.

Sky Cinema Originals

302 402 502 516

- 6.05 AM Rock Dog 2: Rock Around the Park Animated comedy sequel. (2021, U, 90min) ★★
 7.40 Rock Dog 3: Battle the Beat Animated comedy adventure sequel. (2022, U, 90min) ★★
 9.15 Extinct Animated adventure. (2021, U, 84min) ★★
 10.50 A Boy Called Christmas Family adventure with Henry Lawfull. (2021, PG, 106min) ★★★★★
 12.40 PM The Secret Garden Drama. (2020, PG, 99min) ★★★★★
 2.25 The Hurricane Heist Action thriller. (2018, 12, 103min) ★
 4.15 The Radleys As 1.40am.
 6.10 The Beekeeper Action thriller starring Jason Statham. (2023, 15, 105min) ★★
 8.00 Fight or Flight Thriller with Josh Hartnett and Katee Sackhoff. (2025, 15, 98min) ★★
 9.45 SAS: Red Notice Action thriller with Sam Heughan and Ruby Rose. (2021, 15, 90min) ★★
 11.50 Hounds of War Action thriller starring Frank Grillo and Rhona Mitra. (2024, 15, 95min) ★★
 1.40 AM The Radleys Horror comedy. (2024, 15, 115min) ★★
 3.40 The Secret Garden (2020)
 5.35 to 6.00 AM Sky Cinema Preview

Sky Cinema Martial Arts

307 407 507 521

- 7.20 AM The Cinema List: Payback
 7.40 Kick-Ass 2 (2013, 15) ★★
 9.35 Hanna Action thriller. (2011, 12, 106min) ★★★★★
 11.35 Teenage Mutant Ninja Turtles: Mutant Mayhem Animation. (2023, PG, 99min) ★★★★★
 1.30 PM The Karate Kid Drama. (2010, PG, 140min) ★★
 3.55 The Killer Crime thriller. (2024, 15, 126min) ★★★★★
 6.05 Enter the Dragon Thriller. (1973, 18, 97min) ★★★★★



8.00 John Wick

- 8.00 John Wick Action thriller starring Keanu Reeves and Willem Dafoe. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.45 John Wick: Chapter 2 Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, the hitman goes on another rampage. (2017, 15, 122min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.50 Fist of Fury Hong Kong thriller. (1972, 18, 106min) ★★
 1.40 AM Dragons Forever Hong Kong action comedy. (1988, 18, 93min) ★★★★★
 3.20 Magnificent Warriors Hong Kong thriller. (1987, 18) ★★
 5.00 to 6.40 AM The Hand of Death Hong Kong thriller. (1976, 15, 95min) ★★

Sky Cinema W6 Great Film

304 404 504 518

- 7.25 AM The Blind Side As 1.40am.
 9.40 Lost in Translation Comedy. (2003, 15, 102min) ★★★★★
 11.25 Lee Biopic of war photographer Lee Miller, starring Kate Winslet. (2023, 15, 117min) ★★
 1.25 PM The Color Purple Musical drama. (2023, 12, 141min) ★★★★★
 3.50 Book Club: The Next Chapter Comedy sequel starring Jane Fonda. (2023, 12, 107min) ★★
 5.40 The Holiday Romantic comedy. (2006, 12, 135min) ★★
 8.00 Bridget Jones: The Edge of Reason Romantic comedy sequel starring Renée Zellweger, Colin Firth and Hugh Grant. (2004, 15, 108min) ★★
 9.50 Bridget Jones's Baby Romantic comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget winds up pregnant. With Patrick Dempsey. (2016, 15, 123min) ★★
 11.55 Adult Life Skills Comedy. (2016, 15, 114min) ★★
 1.40 AM The Blind Side Fact-based drama. (2009, 12, 129min) ★★
 3.50 The Cinema List: Remakes, Reboots & Reimagining
 5.00 to 6.00 AM Book Club: The Next Chapter As 3.50pm.

Sky Cinema Comedy

308 408 508 522

- 8.10 AM Nacho Libre Comedy. (2006, 12, 92min) ★★★★★
 9.50 Being John Malkovich Comedy. (1999, 15) ★★★★★
 11.50 Scott Pilgrim vs. the World Comedy. (2010, 12) ★★★★★
 1.50 PM Superbad Teen comedy. (2007, 15, 113min) ★★★★★
 3.50 Seven Psychopaths Dark comedy starring Colin Farrell. (2012, 15, 106min) ★★★★★
 5.50 You've Got Mail Comedy. (1998, PG, 114min) ★★



3.50 Seven Psychopaths

- 8.00 The Five-Year Engagement Romantic comedy starring Jason Segel and Emily Blunt. A San Francisco chef and his English girlfriend encounter a series of delays to their planned wedding. With Rhys Ifans. (2012, 15, 119min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10 Snack Shack Comedy starring Conor Sherry and Gabriel LaBelle. Dreaming of striking it rich, a pair of Nebraskan best friends set out to fix up a local pool's rundown fast food booth. (2023, 15, 107min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.10 AM Seriously Red Romantic comedy starring Krew Boylan. (2022, 15, 104min) ★★
 2.00 Summertime Comedy. (2023, 15, 97min) ★★
 3.45 Linoleum Sci-fi comedy. (2022, 12, 101min) ★★
 5.35 to 7.35 AM Superbad (2007)

Sky Cinema Animation

305 412 500 514

- 6.00 AM Batman Unlimited: Mechs vs Mutants As 12.20am.
 7.25 Pil's Adventures (2021, U) ★★
 9.05 Amazing Maurice Animation. (2022, PG, 93min) ★★★★★
 10.50 Madagascar (2005, U) ★★
 12.25 PM The Prince of Egypt Animation. (1998, U) ★★★★★
 2.15 The Boss Baby Animated comedy. (2017, U, 97min) ★★
 4.00 Sing Animation. (2016, U) ★★
 5.55 Ruby Gillman, Teenage Kraken Animation. (2023, PG) ★★
 7.35 The Pirates! In an Adventure with Scientists Animation. (2012, U, 87min) ★★★★★
 9.10 The Swan Princess Animation. (1994, U, 89min) ★★
 10.50 Tad the Lost Explorer and the Secret of King Midas Animated fantasy. (2017, U, 85min) ★★
 12.20 AM Batman Unlimited: Mechs vs Mutants (2016, PG) ★★
 1.45 Scarygirl Animated adventure. (2023, PG, 90min) ★★
 3.25 Lego DC Comics Super Heroes: Justice League vs Bizarro League (2015, U) ★★
 4.25 The Adventures of Tom Thumb and Thumbelina Animation. (2002, U, 72min) ★★
 5.50 to 7.15 AM DC Super Hero Girls: Legends of Atlantis (2018)

Sky Cinema Thriller

309 409 509 523

- 6.40 AM The Cinema List: Payback
 7.00 Reindeer Games (2000)
 8.55 Public Enemies Biopic. (2009, 15, 140min) ★★★★★
 11.25 Maggie Moore(s) Comedy thriller. (2023, 15) ★★
 1.10 PM Captain Phillips Thriller. (2013, 12, 129min) ★★★★★
 3.25 Zero Dark Thirty War drama. (2012, 15, 157min) ★★★★★
 6.05 The Equalizer 3 Thriller sequel starring Denzel Washington. (2023, 15, 109min) ★★



6.05 The Equalizer 3

- 8.00 Inception Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. With Ken Watanabe and Joseph Gordon-Levitt. (2010, 12, 148min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.40 Reindeer Games Thriller starring Ben Affleck and Charlize Theron. An ex-con poses as his dead cell mate to take up with the man's pen pal. (2000, 15, 105min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35 AM Parallel Fantasy thriller. (2024, 15, 88min) ★★★★★
 2.15 Machete Action thriller. (2010, 18, 104min) ★★
 4.15 The Best Man Thriller. (2023, 15, 93min) ★★
 5.55 to 8.40 AM Zero Dark Thirty

Movies 24

312 419

- 7.00 AM Lease on Love Romantic comedy. (2022, PG, 86min) ★★
 9.00 Scented with Love Romantic drama. (2022, PG, 83min) ★★
 11.00 A Bet with the Matchmaker Drama. (2023, PG, 89min) ★★
 1.00 PM A Costa Rican Wedding Comedy. (2024, PG, 84min) ★★
 3.00 Savoring Paris Drama starring Bethany Joy Lenz and Stanley Weber. (2024, PG, 90min) ★★
 5.00 Sweeter Than Chocolate Romantic comedy with Eloise Mumford. (2023, PG, 84min) ★★
 7.00 A Bridesmaid in Love Romantic comedy starring Tori Anderson and Sean Poague. (2022, PG, 87min) ★★
 9.00 Styled with Love Comedy starring Rachel Bles and Dennis Andres. A personal stylist develops a relationship with a professional photographer who takes glamorous shots of her clients. (2022, PG, 89min) ★★
 11.00 The Honeymoon Pact Comedy. (2023, PG, 90min) ★★
 1.00 AM A Whitewater Romance Drama. (2024, U, 84min) ★★
 3.00 to 5.00 AM Heart of the Manor Comedy. (2021, PG, 85min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- Films start at 11.00am
 11.00 AM Ferdinand Animation. (2017, U, 102min) ★★
 1.10 PM Dragonball Evolution Fantasy with Justin Chatwin. (2009, PG, 80min) ★★
 2.50 Clueless Satirical comedy. (1995, 12, 97min) ★★★★★
 4.40 Bend It Like Beckham Romantic sports comedy. (2002, 12, 113min) ★★★★★
 6.55 Belle Fact-based drama. (2013, 12, 100min) ★★★★★



9.00 Queenpins

- Belle
 (film started at 6.55pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00 Queenpins Fact-based crime comedy starring Kristen Bell and Kirby Howell-Baptiste. A frustrated housewife and her friend hatch a lucrative coupon scam. With Paul Walter Hauser (2021, 15, 110min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.15 Hustlers Comedy crime drama starring Jennifer Lopez, Constance Wu, Julia Stiles, Lizzo and Cardi B. A group of strip club employees band together to turn the tables on their Wall Street clients. (2019, 15, 110min) ★★★★★
 1.25 to 3.25 AM A Banquet Thriller with Sienna Guillory. (2021, 15, 97min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00 AM A Lifetime Ago
 6.25 Confessions of Boston Blackie Mystery. (1941, PG, 65min) ★★
 7.45 What's On TPTV with Noel
 7.55 Black Saddle 17/24. (S2)
 8.25 Stingray 13/39. (S1)
 9.00 Batman 7/60. (S2)
 9.30 Space Patrol 39/39. (S1)
 10.00 Phantom Creeps 1/12. (S1)
 10.25 Go Kart Go (1964, b/w, U) ★★
 11.30 The Adventures of Robin Hood
 12.00 NOON Menace from Outer Space (1956, b/w, PG) ★★
 1.35 PM One Step Beyond (S1)
 2.10 Dick Barton: Special Agent
 2.25 Fireball XL5 16/39. (S1)
 3.00 Captain Scarlet and the Mysterons 9/32. (S1)
 3.35 Look at Life Documentary.
 3.55 Dublin Nightmare (1958) ★★
 5.10 Walk a Crooked Mile (1948) ★★
 7.00 Z Cars 30/31. (S10)
 8.00 A Family at War 3/13. (S1)
 9.05 The October Man Thriller. (1947, b/w, PG, 91min) ★★
 10.55 A Month of Sundays Comedy. (1990, PG, 110min) ★★
 12.55 AM How to Undress in Public Without Undue Embarrassment
 1.55 The Primitives (1962, PG) ★★
 3.15 D.O.A. (Dead on Arrival) (1950)
 4.55 Four Star Theatre 11/19. (S1)
 5.30 to 6.00 AM Out of Town

Sky Sports	Main Event
401 511 501 419 439	
6.00 AM	LIVE LPGA Tour Golf Day three of the Blue Bay LPGA from Jian Lake Blue Bay Golf Course.
9.00	Fight Night Jonas v Price.
10.00	Soccer Saturday Pre-Match
10.30	Fantasy Football Pre-Match
11.00	LIVE EFL Coventry City v Stoke City. The Championship match from Coventry Building Society Arena. Kick-off 12.30pm.
3.00 PM	LIVE Netball Super Cup Coverage of the one-day domestic competition from Utilita Arena Sheffield, with all eight Netball Superleague clubs set to compete.
5.00	LIVE SNF Brentford v Aston Villa. The Premier League match staged at the Gtech Community Stadium. Kick-off 5.30pm.
8.30	LIVE PGA Tour Golf Coverage of day three of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
11.00	LIVE WTA & ATP Tennis Coverage of day four of the Indian Wells Open staged at Indian Wells Tennis Garden in California.
2.00 to 6.00 AM	LIVE WTA & ATP Tennis Further coverage of day four of the Indian Wells Open from Indian Wells Tennis Garden.

TNT Sports 1

410 870 521 408 430

6.00

AM TNT Sports Cricket Reload

6.15

LIVE AFL Gold Coast Suns v Essendon Bombers.

9.15

In My Blood With Steve Stamp.

9.30

The Fantasy Show

10.00

Premier League Preview

10.30

In My Blood With Cole Palmer.

10.45

Training Day Nottingham Forest.

11.00

LIVE Premier League Nottingham Forest v Manchester City. Coverage from the City Ground. Kick-off 12.30pm.

3.00

PM Xtra Time

3.15

LIVE Cycling Strade Bianche.

4.30

Women's ODI Cricket

5.30

Premier League: Big Interview

6.00

Premier League Stories

6.30

Ally's Social Club

7.00

LIVE Premier League Wolverhampton Wanderers v Everton. The top-flight match from Molineux. Kick-off 8.00pm.

10.30

Ally's Social Club

11.00

UEFA Europa League & Conference League Magazine

12.00

M/T Training Day

12.15

AM Fight Week UFC 313.

1.00

LIVE UFC The preliminary bouts.

3.00

to 7.00 AM LIVE UFC Alex Pereira v Magomed Ankalaev. The light heavyweight title bout.

TNT Sports 3

413 874 523 410 432

6.00	AM LIVE Isuzu UTE A-League Adelaide United v Brisbane Roar. Coverage of the Australian top-flight match from Coopers Stadium. Kick-off 6.00am.
8.00	Rio Ferdinand Meets
8.15	LIVE Alpine Skiing Coverage of the opening run of the women's giant slalom from Are, Sweden.
10.00	UEFA Champions League Magazine News and action.
10.30	LIVE Cycling The women's Strade Bianche race in Tuscany.
1.00	PM LIVE Cycling The men's Strade Bianche race in Tuscany.
4.30	FIA World Endurance Championship Highlights
5.30	Isuzu UTE A-League
7.30	Cycling Strade Bianche in Italy.
9.30	PM to 6.30 AM LIVE Women's One-Day International Cricket New Zealand v Sri Lanka. Coverage of the third and final ODI in the series from Saxton Oval in Saxton, Nelson Region.

Sky Sports	Premier League
402 512 502 420 440	
6.00 AM	PL Greatest Games
7.00	Premier League Years
9.00	The Big Interview
9.30	Fantasy Show
10.00	Saturday Social
11.00	Premier League Stories
11.30	Fantasy Show
12.00	NOON Gillette Soccer Saturday: Build-Up
3.00 PM	Gillette Soccer Saturday
5.00	LIVE SNF Brentford v Aston Villa. Coverage of the Premier League match from the Gtech Community Stadium. The Villans claimed a 3-1 away win in December's reverse fixture thanks to first-half goals by Morgan Rogers, Ollie Watkins and Matty Cash. Kick-off 5.30pm.
8.30	Premier League Stories
9.00	The Big Interview
9.30	We Are All Fans
10.30	Premier League Highlights
12.00	M/T SNF Brentford v Aston Villa.
12.30	AM Premier League Highlights
2.00	SNF Brentford v Aston Villa.
2.30	Premier League Highlights
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30 to 6.00 AM	Premier League 100 Club

TNT Sports 2

411

871

522

409

431

6.00

AM

LIVE Snooker World Grand Prix

Coverage from the first session of the semi-finals.

8.30

AM

Premiership Rugby Cup

9.30

The Ultimate Cycling Show

10.30

Women's ODI Cricket

11.30

LIVE

Snooker World Grand Prix

Coverage from the second session of the semi-finals at Kai Tak Sports Park in Hong Kong.

3.00

PM

Vendee Globe Highlights

4.00

NBA on Fire

The latest news.

4.30

LIVE

Biathlon

The women's 10km pursuit in Nove Mesto.

5.30

NBA Action Highlights.

6.00

Premiership Rugby Cup

8.00

Snooker World Grand Prix

10.00

Isuzu UTE A-League

11.00

LIVE

NBA Charlotte Hornets v Brooklyn Nets.

The Eastern Conference match from Spectrum Centre. Tip-off 11.00pm.

1.30

AM

LIVE NBA Boston Celtics v Los Angeles Lakers.

Coverage of the inter-conference match from TD Garden. Tip-off 1.30am.

4.00

UEFA Europa League & Conference League Magazine

5.00

to 6.00 AM

LIVE Snooker World Grand Prix

Coverage from the first session of the final.

TNT Sports 4

414 876 524 411 434

5.30	AM LIVE A-League Women Newcastle Jets v Sydney FC.
7.30	TNT Sports Reload
7.45	Ski Jumping Highlights.
8.15	LIVE Nordic Combined Skiing From Trondheim, Norway.
9.30	LIVE Alpine Skiing Coverage of the men's downhill in Kvitfjell.
11.00	Premiership Rugby Cup
12.00	NOON LIVE Premiership Rugby Cup A semi-final.
2.30	PM LIVE Ski Jumping The men's HS138 event in Trondheim
4.45	MotoGP Rewind
5.00	Crouchy and Cole
5.30	Alpine Skiing Recent action.
7.00	Cross Country Skiing
8.30	Biathlon From Nove Mesto.
9.30	Ski Jumping In Trondheim.
10.00	Alpine Skiing Recent action.
11.30	Snooker World Grand Prix
1.30	AM TNT Sports Reload
2.00	AFL A match replay.
4.00 to 7.00	AM LIVE AFL GWS Giants v Collingwood Magpies

Sky Sports	Football
403 513 503 421 441	
6.00 AM	EFL Highlights
6.15	Championship Retro
8.45	EFL Greatest Games
9.45	EFL Highlights Championship.
10.00	Saturday Social
11.00	LIVE EFL Coventry City v Stoke City. The Championship match at Coventry Building Society Arena. Stoke claimed a 1-0 win in the reverse fixture, but Coventry have been in good form and will be aiming to finish in the play-offs. Meanwhile, Stoke find themselves in the bottom half of the table and will be looking to end the season with a similar run of results. Kick-off 12.30pm.
3.00 PM	Gillette Soccer Saturday
5.00	Gillette Soccer Saturday: Reaction Post-match analysis.
5.20	LIVE Bundesliga SC Freiburg v RB Leipzig. The German top-flight match at Europa-Park Stadion. Kick-off 5.30pm.
7.30	Bundesliga A chance to see Bayern Munich v VfL Bochum.
9.30	We Are All Fans
10.30	EFL Highlights Norwich City v Oxford United at Carrow Road.
10.45	Watford v Millwall.
11.00 PM to 6.00 AM	EFL Highlights

Sky Sports	Action
408 517 507 426 446	
6.00 AM	LIVE Super Rugby Moana Pasifika v Hurricanes. At North Harbour Stadium. K-o 6.05am.
8.00	Super League Highlights
8.30	LIVE NRL Manly Warringah Sea Eagles v North Queensland Cowboys. Kick-off 8.35am.
10.30	Super League Highlights
10.45	Top Rank Boxing Archive
11.00	My Icon Sporting influences.
11.30	LIVE Netball Super Cup The one-day domestic competition from Utilita Arena in Sheffield.
7.30 PM	My Icon Sporting influences.
8.00	Game On: The Unstoppable Rise of Women's Sport
9.15	My Icon Pam Cooky.
9.30	LIVE NCAA Basketball Kansas Jayhawks v Arizona Wildcats. Coverage of the college match at Allen Fieldhouse in Lawrence. Tip-off 9.00pm.
11.30	LIVE NCAA Basketball North Carolina Tar Heels v Duke Blue Devils. Tip-off 11.30pm.
1.30	AM Women's State of Origin
2.30	LIVE Super Rugby Crusaders v Queensland Reds. At Apollo Projects Stadium. K-o 2.35am.
4.30	Super League Highlights
5.00 to 6.00 AM	Fight Night

Premier Sports 1

419 551

6.00 AM Sporting Greats
6.30 Sporting Countdowns
7.00 Asian Le Mans Series
8.00 Transworld Sport Magazine.
9.00 MotorSport Recent action.
10.00 LaLiga Specials
10.55 URC in 60 Highlights.
11.55 LIVE United Rugby Championship Sharks v Lions
From Durban. Kick-off 12.00noon.

2.00 PM LaLiga Specials
2.30 Transworld Sport Magazine.
3.30 Scottish Cup Hearts v Dundee.
5.30 Football's Greatest
6.30 United Rugby Championship
8.30 Football's Greatest
9.00 Sporting Countdowns
9.30 Transworld Sport Magazine.
10.30 LaLiga Features and highlights.
1.30 AM Sporting Greats
2.00 Sporting Countdowns
2.30 Sporting Greats
3.00 to 6.00 AM LIVE NHL Ice Hockey Edmonton Oilers v Dallas Stars. Face-off 3.00am.

Sky Sports	Cricket
404 514 504 422 442	
6.00 AM	WPL Action from India.
7.00	ICC Champions Trophy Cricket
9.00	WPL Recent T20 highlights.
10.00	ICC Champions Trophy Cricket
12.00	NOON WPL Action from India.
1.50 PM	LIVE WPL Up Warriorz v Royal Challengers Bengaluru. Coverage of the women's T20 match at Ekana Cricket Stadium.
5.30	Best of ICC WT20
6.00	ICC Champions Trophy Cricket The first semi-final from Dubai International Cricket Stadium.
7.00	Action from the second semi-final at Gaddafi Stadium.
8.00	WPL Highlights of UP Warriorz v Royal Challengers Bengaluru.
9.00	ICC Champions Trophy Cricket The first semi-final from Dubai International Cricket Stadium.
10.00	IPL Action from Sunrisers Hyderabad v Rajasthan Royals at M. A. Chidambaram Stadium.
11.00	WPL UP Warriorz v Royal Challengers Bengaluru.
12.00	M/T ICC Champions Trophy Cricket Recent highlights.
1.00	AM WPL A replay of UP Warriorz v Royal Challengers Bengaluru.
4.40	Ashes Greats Player profiles.
5.00 to 6.00 AM	IPL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00 AM	LIVE Golf Coverage of the third day of the Women's Asian Amateur Golf Championship from Hoiana Shores Golf Club, Vietnam.
7.00	Good Morning Sports Fans
8.30	LIVE Super Rugby NSW Waratahs v Western Force. Coverage of the match from the fourth round of fixtures at Allianz Stadium, Sydney. Kick-off 8.35am.
10.30	Fantasy Football Pre-Match
11.00	EFL Build-Up
12.25 PM	LIVE EFL Watford v Millwall. Coverage of the Championship match stage at Vicarage Road. Kick-off 12.30pm.
3.00	LIVE PGA Tour Golf Coverage of the early stages on day three of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge.
5.30	Gillette Soccer Saturday
7.00	LIVE WTA & ATP Tennis Coverage of day four of the Indian Wells Open staged at Indian Wells Tennis Garden in California.
2.00	AM LIVE WTA & ATP Tennis Continued coverage of day four of the Indian Wells Open in California.
4.00 to 6.00 AM	LIVE Golf Coverage of day four of the Women's Asian Amateur Golf Championship.

Premier Sports 2

420 552

6.00 AM Swedish Hockey League

8.00 Temples of Sport

9.00 GP Confidential

9.30 Bike World Magazine.

10.00 LaLiga Atletico v Athletic Bilbao.

12.00 NOON **LIVE** LaLiga Celta Vigo v Leganes. The Spanish top-flight match. Kick-off 1.00pm

3.00 PM Africa Eco Race

4.00 GP Confidential The latest news

4.30 LaLiga Specials

5.25 **LIVE** LaLiga Valencia v Valladolid. Coverage of the Spanish top-flight match staged at Mestalla. Kick-off 5.30pm.

7.55 **LIVE** LaLiga Barcelona v Osasuna. The Spanish top-flight match from Estadi Olimpic Lluis Companys. Kick-off 8.00pm.

11.00 NHL Tonight Wing players.

12.00 M/T **LIVE** NHL Ice Hockey Calgary Flames v Montreal Canadiens. Face-off 12.00m't

3.00 AM Football's Greatest

4.00 to 6.00 AM LaLiga

Sky Sports	Golf
405 515 505 423 443	
6.00 AM	LIVE LPGA Tour Golf Day three of the Blue Bay LPGA from Jian Lake Blue Bay Golf Course.
9.00	Golf's Greatest Holes
9.30	On the Road with Iona Stephen
10.30	LIVE DP World Tour Golf The third day of the Joburg Open staged at Houghton Golf Club.
3.00 PM	LIVE PGA Tour Golf Coverage of the early stages on day three of the Arnold Palmer Invitational from Orlando, Florida.
5.30	LIVE PGA Tour Golf Further coverage of the third day of the Arnold Palmer Invitational.
11.00	Golf's Greatest Holes
11.30	The Players Championship
12.00	M/T Golf Academy
1.00 to 6.00 AM	LIVE Ladies European Tour Golf Coverage of day four of the Australian WPGA Championship from Sanctuary Cove Golf and Country Club.

Sky Sports	Tennis
407 537 520 425 445	
6.00 AM	Mirra Andreeva Podcast
6.15	Bitesize Tennis Highlights.
6.30	WTA Tennis A recent final.
7.30	Bitesize Tennis Ladies Open.
7.45	Tim Henman Podcast 2024
8.00	WTA & ATP Tennis
12.00	NOON WTA Tennis Doha Open.
1.00	PM Tie Break Tens Highlights.
3.00	WTA & ATP Tennis Indian Wells.
7.00	LIVE WTA & ATP Tennis Coverage of day four of the Indian Wells Open staged at Indian Wells Tennis Garden in California.
2.00 to 6.00 AM	LIVE WTA & ATP Tennis Continued coverage of day four of the Indian Wells Open.

Sky Sports	Mix
416 873 510 429 449	
6.00 AM	LIVE LPGA Tour Golf The third day of the Blue Bay LPGA.
9.00	Fight Night Jonas v Price.
10.00	My Icon Mary Chohok.
10.15	Game On: The Unstoppable Rise of Women's Sport
11.30	LIVE Netball Super Cup The one-day domestic competition from Utilita Arena in Sheffield.
7.30 PM	Premier League Stories
8.00	On the Road with Iona Stephen With Renee Powell.
9.00	Fight Night Jonas v Price.
10.00	Premier League Stories
10.30	Girlz Are Playaz Too
11.00	WPL Highlights from India.
12.00	M/T Fight Night Jonas v Price.
1.00 to 6.00 AM	LIVE Ladies European Tour Golf Coverage of day four of the Australian WPGA Championship from Sanctuary Cove Golf and Country Club.

Sky Sports	F1
406 516 506 424 444	
6.00 AM	Seaplanes & Helicopters
6.25	F1 Explained - Timings
6.30	Formula 1 Australian Grand Prix.
7.30	The F1 Show: Season Preview
8.30	LIVE Race of Champions The knock-out tournament in Sydney.
11.30	Ted's Notebook
12.00	NOON The F1 Show
1.00	PM Formula 1 From Australia.
2.00	The F1 Show: Season Preview
3.00	Race of Champions
6.00	Formula 1 Australian Grand Prix.
7.00	The F1 Show: Season Preview
8.00	Formula 1 Australian Grand Prix.
9.00	The F1 Show: Season Preview
10.00	Formula 1 Australian Grand Prix.
11.00	The F1 Show: Season Preview
12.00	M/T Ted's Notebook
12.30	AM Simon and Jensen's Vegas Hot Lap At the Las Vegas circuit.
12.40	Ted Drives: F4 Cars
12.50	Lewis Looks Back on 2014
1.00 to 6.00 AM	The Home of F1

Drama



Ten Pound Poms

BBC1, 8pm (box set, BBC iPlayer)
As the 1950s-set drama returns, the ex-pats are joined by new arrivals – all looking to start their lives Down Under.

Drama



Towards Zero

BBC1, 9pm (box set, BBC iPlayer)
After a shocking discovery at Gull's Point, it transpires that both Audrey (centre) and Neville could have motive for murder.

Drama



Belgravia: The Next Chapter

ITV3, 9pm (box set, ITVX)
Set in 1871, newlyweds Lord Frederick and Clara settle into their Belgravia home.

Documentary



David Frost Vs

Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets)
This final episode in the run looks at Sir David's interviews with actor Jane Fonda.

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES	101 BBC1	7.00 Antiques Roadshow	8.00 Ten Pound Poms	9.00 Towards Zero	10.00 News	10.30 Match of the...
	102 BBC2	6.30 Rugby Union...	7.30 Mortimer &...	9.00 Forensics: The Real CSI	10.00 Film: Get Carter	
	103 ITV1	6.30 Dancing on Ice	8.00 Who Wants to Be a Millionaire?	9.00 The Bay	10.15 Film: Jack Reacher	
	104 CHANNEL 4	7.00 Crafts: Best in Show		9.00 The Great Pottery Throw Down	10.15 Candy: A Death in Texas	
	105 CHANNEL 5	6.05 When Theme Parks Go Horribly...	8.00 Inside Greggs: What Will They Bake...	9.00 Inside the Four Seasons Park Lane	10.00 Police: Suspect No 1	
	106 SKY SHOWCASE	7.00 The Simpsons		9.00 David Frost Vs	10.00 Film: The Illusionist	
ENTERTAINMENT	115 BBC3	7.00 Film: A Shaun the Sheep Movie: Farmageddon	8.20 Top Gear	9.20 The Apprentice	10.20 The Apprentice...	
	116 BBC4	7.00 The Octopus in My House	8.00 Amazon with Bruce Parry	9.00 Inside Classical: BBC Singers Centenary Concert	10.15 Gilbert & Sullivan's The...	
	118 ITV2	5.25 Film: Marley & Me	7.45 Film: Mamma Mia! Here We Go Again		10.00 Olivia Attwood: Getting Filthy Rich	
	136 MORE4	6.50 Four in a Bed	7.55 PopMaster TV	9.00 The Emergency Ward	10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		9.00 Film: Terminator Genisys		
	107 SKY WITNESS	7.00 Nothing to Declare		9.00 Law & Order: Special Victims Unit	10.00 FBI: International	
	108 SKY ATLANTIC		7.15 Homicide: Life on the Street		10.25 The Wire	
	110 U&GOLD	7.00 Only Fools and Horses	8.35 Dad's Army	9.15 The Fast Show	10.35 Paul...	
	111 U&DAVE	6.40 Highland Cops	8.00 Speed with Guy Martin	9.00 Have I Got a Bit More News for You	10.00 QI	10.40 Mock...
	119 ITV3	7.00 Rosemary & Thyme	8.00 Doc Martin	9.00 Belgravia: The Next Chapter	10.00 Vera	
	120 ITV4	7.00 Cycling: Paris-Nice Highlights	8.00 Film: Live and Let Die		10.30 Film: Kull the...	
	112 COMEDY CENTRAL	6.55 Friends		9.00 Film: Analyze This		
DOCUMENTARY	139 SKY SCI-FI	7.00 Stargate SG-1		9.00 Grimm		
	113 SKY MAX	7.00 Grimm	8.00 Film: David Brent: Life on the Road	9.50 Freddie Down Under		
	109 U&ALIBI	7.00 Hudson & Rex		9.00 Death in Paradise	10.00 Miss Scarlet	
	130 SKY ARTS	6.45 David Gilmour: Live at Pompeii	8.00 Film: The Hound of the Baskervilles	9.40 The Life and Deaths of Christopher Lee		
	132 U&W	7.00 Inside the Ambulance		9.00 Nurses on the Ward		
	125 DISCOVERY	7.00 Alaska: Homestead Rescue		9.00 Marooned with Ed Stafford	10.00 Mega Shippers	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees	8.00 Celebrity Animal Encounters	9.00 Crikey! It's the Irvins	10.00 Alaska Monsters	
FILMS - Sky Cinema	129 NAT GEO	7.00 Mutant Weather	8.00 Mysterious Islands	9.00 The Lost Tomb of Alexander the Great	10.00 Lost Tomb of Genghis Khan	
	123 SKY HISTORY	7.00 Ultimate Mysteries		9.00 Hitler's Handmaidens		
	155 U&YESTERDAY	6.40 Porridge	8.00 Antiques Roadshow		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Rewriting Trump		9.00 David Frost Vs	10.00 Film: Jane Fonda In Five Acts	
	301 PREMIERE	6.05 Fight or Flight	8.00 Blood for Dust	9.45 The Good Half		
SPORT	302 ORIGINALS	5.55 Hotel Mumbai	8.00 Lee		10.00 To Catch a Killer	
	303 HITS	5.25 Wonder Woman	8.00 Justice League		10.05 Fast X	
	304 WOMEN IN FILM	6.10 Sleepless in Seattle	8.00 Erin Brockovich		10.15 May December	
	305 ANIMATION	5.45 Kung Fu Panda 3	7.35 Wallace & Gromit: The Curse of the Were-Rabbit	9.10 Two by Two		
	306 KIDS BOOKS	6.00 Jumanji	8.00 Hook		10.25 Wonka	
	307 MARTIAL ARTS	6.20 The Mechanic	8.00 Fist of Fury	9.50 Knights of the Zodiac		
	308 COMEDY	6.00 You, Me and Dupree	8.00 The Holdovers		10.20 Sumotherhood	
	309 THRILLER	5.25 Inception	8.00 Miami Vice		10.20 Machete	
	310 DRAMA	6.05 Charlie Wilson's War	8.00 A Star Is Born		10.20 Pawn Sacrifice	
	311 SCI-FI	6.05 The Nun II	8.00 Minority Report		10.30 Resident Evil...	
SPORT	313 FILM4	6.55 Daddy's Home 2		9.00 The Last Duel		
	401 MAIN EVENT	4.00 Super...	7.30 PGA Tour Golf - Live: The Arnold Palmer Invitational Presented By Mastercard		10.00 Tennis - Live: The Indian Wells Open	
	402 PREMIER LEAGUE	4.00 Super...	7.30 The Big Interview	8.00 PL Stories	8.30 Premier League Highlights	9.30 SNF
	403 FOOTBALL	7.00 EFL Highlights				
	404 CRICKET	7.00 ICC Champions Trophy Cricket			10.00 IPL	
SPORT	410 TNT SPORTS 1	5.00 NBA - Live	7.30 Serie A - Live: Juventus v Atalanta (Kick-off 7.45)	9.45 UFC		
	411 TNT SPORTS 2	5.00 NBA - Live: Oklahoma City Thunder v Denver Nuggets (Tip-off 5.00); Dallas Mavericks v Phoenix Suns (Tip-off 7.30)			10.00 NBA on Fire	10.30 NBA Action



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM **Breakfast** (S)
7.35 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **NEW SERIES Sunday Morning**
Live topical debate. (S)
11.30 **Songs of Praise New edition** (S)
12.05 PM **BBC News** (S)
12.20 **LIVE Football: Women's FA Cup**
Manchester City v Aston Villa: The quarter-final encounter from Joie Stadium. Kick-off is at 12.30. (S)
2.50 **Gladiators** 7/11. The second quarter-final. (S)(R)(AD)
3.50 **Blue Planet II** The impact of humans on aquatic wildlife. (S)(R)
4.50 **BBC News** (S)
5.05 **Local News** (S)
5.15 **Countryfile New edition** New presenter Vick Hope joins Matt Baker on a trip to Kielder Forest. (S)



8.00 **Ten Pound Poms**

6.15 The Americas
New edition 2/10. A look at Mexico's extraordinary animal behaviours and environments, from pygmy owls and orcas, to caves that are less explored than the moon. (S)(AD)

7.00 Antiques Roadshow
Fiona Bruce and the team visit Roundhay Park, Leeds, where items include a psychedelic chair from the 1960s, a *Dad's Army* script and family photos of Arnold Schwarzenegger. (S)(R)

8.00 NEW SERIES
Ten Pound Poms
1/6. Nurse Kate Thorne and the Roberts family continue their Australian adventure. See *feature, page 11*. (S2) (S)(AD)
■ Entire series on BBC iPlayer

9.00 Towards Zero
New episode 2/3. After an explosive night, a shocking murder is discovered at the estate. Stars Anjelica Huston. See *feature, page 12*. (S)(AD)
■ Entire series on BBC iPlayer

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day 2
Mark Chapman presents the latest Premier League action, including Manchester United v Arsenal at Old Trafford. (S)

11.40 Superman & Lois New episode
To Live and Die Again: 9/10. Lois struggles against the fallout of the debate, and Clark uses Luthor's tactics against him. (S)(AD)
12.20 AM Series finale *It Went By So Fast*: 10/10. The Kents fight with everything they have as Luthor makes his ultimate move on Smallville. (S4) (S)(AD)
1.05 Weather for the Week Ahead (S)
1.10 to 6.00 AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.40** AM **Countryfile** (S)(R)
7.35 **Breakfast** (S)
9.00 LIVE Athletics: European Indoor Championships Coverage of the first session on the fourth and final day from Omnisport Apeldoorn in the Netherlands. *Coverage continues at 2.00pm.* (S)
12.15 PM This Farming Life Storms cause a lambing nightmare for Nick and his 'easy-care' sheep. (S)(R)
1.15 The Farmers' Country Showdown Sheep and arable farmers John and Ed head to Moseley Farmers' Market. (S)(R)
2.00 LIVE Athletics: European Indoor Championships Coverage of the second session on the final day from Omnisport Apeldoorn in the Netherlands, where medals are awarded in 12 disciplines. (S)



9.00 **Forensics: The Real CSI**

6.30 Rugby Union: Six Nations
A round-up of action from the fourth and penultimate round of fixtures, featuring Ireland v France, Scotland v Wales and England v Italy. (S)

7.30 Mortimer & Whitehouse: Gone Fishing
3/6. Paul and Bob head to Norfolk, where they attempt to ensnare a large pike – a fish that has eluded them on their travels so far. (S3) (S)(R)(AD)

8.00 This Farming Life
New edition 7/12. Paul turns to the community for help with a ewe in distress, the loss of some land puts succession into focus for Nick, while Ben and Matt race to get the events site ready. (S)

9.00 Forensics: The Real CSI
New edition 2/3. After paramedics discover a man's brutal murder, police turn to forensics to establish whether a friend who phoned for help is a witness or a suspect. (S)(AD)

10.00 FILM Get Carter
Vintage thriller starring Michael Caine and Britt Ekland. A tough London gangster takes on Newcastle's underworld to avenge his brother's death. (S) (AD) (1971, 18, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.50 FILM Yardie Crime drama directed by Idris Elba, centring on the life of a young Jamaican man who sets out to avenge the murder of his brother 10 years earlier. Stars Ami Ameen and Fraser James. (S) (2018, 15, 95min) ★★
1.25 AM Sign Zone: Amanda & Alan's Spanish Job (S)(R)(AD)
1.55 Sign Zone: Question Time (S)(R)
2.55 Sign Zone: Virdee (S1) (S)(R)(AD)
3.55 to 6.05 AM Previews (S)

ITV1

- 103** **103** **103** **3** **103** **103** **103**
- 6.00** AM **In for a Penny** (S)(R)(AD)
6.25 Britain's Got Talent (S)(R)
7.30 James Martin's Saturday Morning With Nigel Havers. (S)(R)
9.25 ITV News (S)
9.30 Love Your Weekend with Alan Titchmarsh New edition With Paul Merton and Suki Webster. (S)
11.30 LIVE Football: EFL Portsmouth v Leeds United All the action from the Championship match at Fratton Park. Kick-off at 12.00. (S)
2.15 PM LIVE Rugby Union: Six Nations England v Italy: Coverage of the final match in the fourth round of fixtures, held at Allianz Stadium Twickenham. Kick-off is at 3.00. (S)(AD)
5.30 Tipping Point: Best Ever Finals A look back at some of the show's most dramatic endgames. (S)(R)



6.30 **Dancing on Ice**

6.00 ITV News (S)
6.15 Local News (S)
6.30 Dancing on Ice
Series finale 9/9. Holly Willoughby and Stephen Mulhern present the Grand Finale, as the remaining three couples go head to head in a bid to lift the trophy. Their routines include a dazzling showcase choreographed by Jayne Torvill and Christopher Dean, who will also skate together on TV for the final time. (S)

8.00 Who Wants to Be a Millionaire?
New edition Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)

9.00 The Bay
New episode 4/6. A vital clue leads the MIU to take a closer look at another of Hannah's family members. (S5) (S)(AD)
■ Continues tomorrow

10.00 ITV News (S)
10.15 FILM Jack Reacher
Action thriller starring Tom Cruise as author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. (S)(AD) (2012, 15, 155min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.50 AM Teleshopping
3.00 Tour de Fred: Northern Ireland 5/5. Fred Sirieix explores Derry during Halloween. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM Nisha Katona's Home Kitchen (S)(SL)(R)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **108** **4** **104** **104/106**
- 5.55** AM **Cheers** 8-10/26. (S4) (S)(R)
7.15 Everybody Loves Raymond 23&24/24. (S4) (S)(R)(AD)
8.05 Frasier 10&11/24. (S10) (S)(R)(AD)
9.00 The Simpsons (S)(R)(AD)
10.00 Sunday Brunch New edition With JB Gill and Divorce. (S)
1.00 PM The Simpsons (S)(R)(AD)
2.00 Crufts New edition Ed Lambert presents the latest coverage from the National Exhibition Centre in Birmingham, including the semi-finals and final of the Flyball competition. (S)
4.00 Crufts New edition Clare Balding presents further coverage. The pocket rockets make a thrilling spectacle as they tackle the Agility course, culminating in the small and medium finals. *Coverage continues at 7.00pm.* (S)



7.00 **Crufts: Best in Show**

6.00 The Secret Life of the Zoo
An orangutan has to be separated from his mother when she undergoes a CT scan to check for a life-threatening infection. (S)(R)(AD)

6.30 News (S)

7.00 Crufts: Best in Show
Series finale Clare Balding presents the announcement of this year's Best in Show winner, preceded by the judging of the final two groups – Working and Pastoral, with commentary by Frank Kane, Alison Mitchell and Laura Crombie. The Hero Dog of 2025 is also crowned. (S)

9.00 The Great Pottery Throw Down
Series finale 10/10. Siobhán McSweeney hosts the final. The last three contestants create statement Greek amphoras and take on some extreme throwing in a surprise challenge. (S)(AD)

10.15 Candy: A Death in Texas
New episode 3/5. Candy and Allan begin an affair while Betty is pregnant. (S1) (S)(AD)

11.15 Candy: A Death in Texas
New episode 4/5. Candy gets involved in the investigation into Betty's murder. (S)(AD)
■ Concludes tomorrow

12.25 AM FILM A Quiet Place Part II
Horror sequel starring Emily Blunt. (S)(AD) (2020, 15, 95min) ★★★★★
2.00 Ramsay's Hotel Hell (S)(SL)(R)
2.45 Undercover Boss USA (S)(R)
3.35 Jamie's One-Pan Wonders (S)(R)
4.00 Jamie's Comfort Food (S)(R)(AD)
4.10 The Simpsons (S)(R)(AD)
5.45 to 6.25 AM Countdown (S)(R)

+1 hour **204/208** **304** **15** **121**

6 PM

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.10 Entertainment News (S)
9.20 A Country Life for Half the Price with Kate Humble (S)(R)
12.05 PM Tales from the Riverbank
 The River Wharfe. (S)(R)
1.05 Secret Life of the Forest
 Secret cameras capture the spectacular beauty of Dalby and Cropton Forests. (S)(R)
2.05 The beaver family
 continue to transform their habitat by building dams. (S)(R)
3.00 Our Yorkshire Farm The family tackle life in lockdown. (S)(R)
4.00 The Owen family purchase a derelict farmhouse. (S)(R)
5.00 Around the World in First Class 2/4. Josie Gibson flies upper class to Grenada. (S)(R)



9.00 Inside the Four Seasons...

- 6.00 News** (S)
6.05 When Theme Parks Go Horribly Wrong
 Dermot Murnaghan narrates a selection of disastrous experiences at theme parks, including a magical Disney parade that turned into a nightmare when a fire-breathing dragon became an inferno in front of shocked onlookers. (S)(R)
8.00 Inside Greggs: What Will They Bake Next?
 2/2. Grace Dent is given access to Greggs' innovation centre at their HQ, getting a sneak preview of their new product ranges. (S)(R)
9.00 Inside the Four Seasons Park Lane
New edition 3/4. Andrea saves an anniversary with some heart-shaped balloons, and an important pooch gets a VIP welcome. (S)
10.00 Police: Suspect No 1
 An innocent bystander is critically injured during a street brawl, leaving police to interview three suspects to determine which one of them was responsible. (S)(R)
11.05 Prime Suspect: Hunting the Predators Exploring the crimes of Anthony Burns. (S)(R)
12.35 AM Friends (S1) (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Britain's Great Cathedrals with Tony Robinson (S)(R)
4.40 Wildlife SOS (S)(SL)(R)
5.10 Divine Designs (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM My Little Pony: Friendship is Magic** Double bill. (S)(R)
6.45 Where's Wally (S)(R)
7.35 The Slow Mo Guys' Big Adventures (S)(R)
8.00 Monkey Life (S)(R)(AD)
8.30 Sunday Morning with Trevor Phillips Topical discussion.
10.00 The Office (US) (S9) (S)(R)
12.00 NOON Hawaii Five-0 (S)(R)
3.00 PM David Attenborough's Wild City Double bill. (S)(R)(AD)
5.00 The Simpsons Marge v Singles, Seniors, Childless Couples and Teens, and Gays: Marge attempts to halt a campaign against children. (S)(R)
5.30 I, (Annoyed Grunt)-Bot: Homer decides to build a robot for Bart to enter the *Robot Rumble* TV show. (S)(R)



10.00 The Illusionist

- 6.00 The Simpsons**
Margical History Tour: Marge stimulates the children's interest in history. (S)(R)
**6.30 Milhouse Doesn't Live Here Anymore: Milhouse moves to Capital City. (S)(R)
7.00 The Simpsons
Smart & Smarter: Marge tries to get Maggie into a nursery for gifted children. (S)(R)
7.30 The Ziff Who Came to Dinner: Homer is sentenced to 10 years in prison. (S)(R)
8.00 The Simpsons
Wandering Juvie: Bart is sent to a detention centre. (S)(R)
**8.30 My Big Fat Geek Wedding: Principal Skinner and Mrs Krabappel announce their engagement. (S)(R)
9.00 David Frost Vs Series finale 3/3. The interviewer's encounter with Jane Fonda, during her protests about the Vietnam War. See feature, page 21. (S) ■ Entire series on Box Sets
10.00 FILM The Illusionist
 Period mystery starring Edward Norton, Paul Giamatti and Jessica Biel. In 1900 Vienna, an enigmatic stage magician engages in a battle of wits and illusions with a ruthless prince over the love of a beautiful aristocrat. (S) (2006, PG, 110min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM Saturday Night Live (R)
1.40 Brassic 3/6. Erin attends a disastrous dinner party with Jake's family. (S2) (S)(R)(AD)
2.35 Road Wars (S)(R)
4.00 to 6.00 AM
 Nothing to Declare (S)(R)****

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **11.40pm** SportsScene: Scottish Cup Highlights (S)(R) **12.25am** Superman & Lois **New episode** (S)(AD) **1.05** Superman & Lois **Series finale** (S)(AD) **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES

Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **3.50pm** Extraordinary Portraits with Bill Bailey **New edition** (S) **4.20-4.50pm** Winterwatch in Wales (S)(R)

BBC2

N. IRELAND

Sky 969, Freesat 969
7.30-8.00pm If Walls Could Talk (S)(R) **10.00** **NEW** Neil Martin: Bóthar an Cheoil (S) **11.25** Sunday Politics Northern Ireland (S)(R) **11.55** Detectorists (S)(R)(AD) **12.25-1.25am** Forensics: The Real CSI (S)(R)(AD)

WALES

Sky 968, Freesat 968
7.30-8.00pm Scrum V Top 5s (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Siwrna Scandi Chris **10.00** Yr Afon **11.00** Dechrau Canu Dechrau Canmol **11.30** Ty Ffiit **12.30pm** Bois y Pizza: Chwê' Gwlad (AD) **1.00** Cymry ar Gynfas **1.30** Y Wal (AD) **2.30** Prosiect Pum Mil **3.25** Ffermio **3.55** Clwb Rygbi Rhyngwladol **5.40** Pobol y Cwm Omibws (AD) **6.45** Dechrau Canu Dechrau Canmol **New edition** **7.15** Newyddion a Chwaraeon **7.30** Y Llais **New edition** **8.30** Sian Phillips yn 90 **9.45** Y Ci Perffaith **10.15** Yr Actor a'r Eicon **11.15pm-12.05am** Stryd i'r Sgrym

TV&Satellite
 week
Best for Sky and Virgin

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM FILM A Shaun the Sheep Movie: Farmageddon** Animated family comedy featuring the voice of Justin Fletcher. (2019, U, 86min) ★★★★★
8.20 Top Gear James May drives a Toyota Hilux up an active Icelandic volcano.
9.20 The Apprentice 6/12. The candidates jet off to Türkiye to run corporate away day experiences. Prioritising profit and substandard service result in another candidate being fired.
10.20 The Apprentice: You're Fired 6/11. Tom Allen talks to the candidate rejected after the away day challenge.
10.50 Bad Education 3/6. A new computer-game craze spreads through the school. **11.20** 4/6. The teachers take their pupils on field trips. (S1)
11.50 We Built a Zoo
12.50 AM Top Gear
1.50 Made Up in Belfast
2.50 Press X on the BBC
3.00 to 4.00 AM Boot Dreams: Now or Never

MORE4

136/137 831 147 18 124

- 8.55 AM A Place in the Sun**
2.35 PM Come Dine with Me
 Five editions from Brighton.
5.10 Four in a Bed The contest begins at Oaklea Barns Guest House in Merseyside.
5.40 The second visit is to The Guest House Worsthorne in Lancashire.
6.15 The group head to the Sleeperdorm Backpacker Hotel in Newcastle.
6.50 The final visit of the week is to the Parsonage Hotel and Spa near York.
7.20 Four in a Bed The owners meet for the last time.
7.55 PopMaster TV Ken Bruce hosts the eighth heat, the last chance for players to secure a place in the Grand Final.
9.00 The Emergency Ward
New edition Dr Dunne and Dr Papsom need answers for one of the sickest patients they've seen, while Dr Thornhill examines a teenager who fell onto his back while riding a dirt bike.
10.00 24 Hours in A&E
 A 70-year-old man is rushed to St George's after he is found struggling to breathe.

- 11.05 Emergency Helicopter Medics** Documentary.
12.10 AM 999: On the Front Line
1.15 Emergency Helicopter Medics Documentary.
2.20 24 Hours in A&E
3.25 to 3.55 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Natural World: The Octopus in My House** A professor takes an octopus into his home to learn about its intelligence.
8.00 Amazon with Bruce Parry 5/6. The adventurer discovers an illegal gold mine polluting the river.
9.00 NEW Inside Classical: BBC Singers Centenary Concert The BBC Singers celebrate their 100th birthday and look forward to the future with a host of star artists and special guests.
10.15 Gilbert & Sullivan's The Yeomen of the Guard English National Opera's production of the Gilbert & Sullivan opera, a fast-paced caper set in the Tower of London. Conducted by Chris Hopkins.
12.40 AM The Royal Ballet: Mayerling Darcie Bussell and Ore Oduba introduce Kenneth MacMillan's dark and intense ballet *Mayerling*.
2.55 to 3.55 AM Amazon with Bruce Parry

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks Omnibus**
7.20 FILM Rango Animation. (2011, PG, 103min) ★★★★★
9.20 Married at First Sight Australia Double bill.
12.30 PM FILM Sonic the Hedgehog Live-action fantasy with James Marsden. (2020, PG, 99min) ★★★★★
2.25 FILM School of Rock
 Family comedy starring Jack Black and Joan Cusack. (2003, PG, 109min) ★★★★★
4.35 The Big Bang Theory
5.35 The Simpsons Triple bill.
7.00 The Simpsons Treehouse of Horror VII: Lisa discovers Bart's demented twin.
7.30 You Only Move Twice: The family move to an apparently idyllic community.
8.00 Uncut Femmes: Marge takes part in a jewel heist.
8.30 Burger Kings: Mr Burns begins selling plant-based burgers.
9.00 FILM Terminator Genisys
 Sci-fi action adventure sequel starring Arnold Schwarzenegger, Emilia Clarke and Jason Clarke. (2015, 12, 126min) ★★★★★

- 11.25 Gogglebox**
12.30 AM Open House: The Great Sex Experiment
1.35 Naked Attraction
2.40 First Dates
3.35 The Neighborhood
4.00 The Goldbergs
4.25 to 6.00 AM
 Hollyoaks Omnibus

+1 hour 235/236 306 30 123

Sunday

primetime

primetime

Sky Witness

107 807 110 341 356

- 6.00** AM **Border Security: Canada's Front Line**
7.00 **Border Security USA**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Paramedics Australia**
12.00 **NOON The Real A&E**
1.00 PM **Air Ambulance ER** The team come to the rescue of a lumberjack who has fallen from a great height.
2.00 **Nothing to Declare** Ten editions of the documentary.



9.00 **Law & Order: SVU**

Sky Atlantic

108/109 808 342 357

- 6.00** AM **Fish Town**
6.50 **Winning Time: The Rise of the Lakers Dynasty** (S2)
11.00 **True Blood** Six episodes of the drama, including at:
3.15 PM 10/12. Jesus becomes increasingly interested in V.
4.15 11/12. Eric comes up with a plan to capture Russell. (S3)
5.15 **Homicide: Life on the Street** 3/4. Tempers flare between Pemberton and Gee.
6.15 4/4. Pemberton and Bayliss investigate the death of a phone-sex operator. (S2)



10.25 **The Wire**

Sky Max

113/114 813 111 346 351

- 6.00** AM **Magnum P.I.** (S5)
11.00 **Hawaii Five-0** Five episodes of the drama, including at:
1.00 PM 7/24. McGarrett tries to resolve a hostage crisis.
2.00 8/24. Danno's former partner is found dead.
3.00 9/24. The team must protect a dictator. (S1)
4.00 **Grimm** 11/22. Nick tries to clear a man on death row.
5.00 12/22. Adalind returns to avenge her mother's death.
6.00 13/22. Nick finds out about Renard and Juliette. (S2)

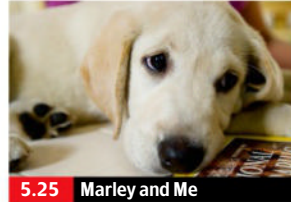


10.55 **A League of Their Own**

ITV2

118 816 115 6 113

- 6.00** AM **CITV**
9.00 **Totally Bonkers**
Guinness World Records
9.30 **Love Bites** Double bill.
11.30 **Deal or No Deal**
1.30 PM **The Masked Singer US**
2.30 **In for a Penny**
3.00 **Celebrity Catchphrase** With Alexander Armstrong, Jamie Laing and Natasha Hamilton.
4.00 **Britain's Got Talent**
5.25 **FILM Marley & Me** Comedy drama starring Owen Wilson, Jennifer Aniston and Eric Dane. (2008, PG, 115min) ★★★



5.25 **Marley and Me**

ITV3

119 117 10 115

- 6.00** AM **Agatha Christie's Poirot**
10.20 **Doc Martin** 3&4/7.(S3)
12.25 PM **Inspector Morse**
4.55 **Agatha Christie's Poirot** *The Incredible Theft*: An aircraft manufacturer hosts a party to trap a spy, but his wife expects problems and summons the famous detective to keep an eye on proceedings.
6.00 **Rosemary & Thyme** *The Italian Rapsallion*: The duo tackle a mystery in Italy. Guest stars Suzanne Bertish and Tristan Gemmill.



9.00 **Belgravia: The Next...**

7 PM

- 7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00** **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM

- 9.00** **Law & Order: Special Victims Unit** *Dutch Tears*: 14/22. A recently released convict goes in search of his arresting officer. (S24)

10 PM

- 10.00** **FBI: International** *Call It Anarchy*: 6/22. Vo's friend from the US Navy asks for help to find her missing nephew in Crete. (S2)
11.00 **FBI: Most Wanted** 12/22. (S3)
12.00 **MT The Cleaning Lady** (S1)
1.00 AM **Law & Order: Organized Crime** 20/22. A nine-year-old is kidnapped. (S2)
2.00 **Elsbeth** 9/10. (S1)
3.00 to **6.00** AM **Nothing to Declare**

+1 hour 207 310

- 7.15** **Homicide: Life on the Street** *Nearer My God to Thee*: 1/20. A good Samaritan is found dead, wearing only a pair of white gloves.
8.20 *Fits Like a Glove*: 2/20. Gaffney allows a murder site to be washed down prematurely and bringing him into conflict with Pemberton.
9.25 *Extreme Unction*: 3/20. A murder witness proves to have multiple personalities. (S3)

- 10.25** **The Wire** *Home Rooms*: 3/13. Royce tries to reverse his ailing fortunes by taking drastic action against Carcetti. (S4)

- 11.30** **Succession** 7&8/10. (S2)
2.00 AM **The White Lotus** *New episode* 4/8. Comedy drama set in Thailand. (S3)
3.15 **The Nevers** 3/6. (S1)
4.15 **Richard E Grant's Hotel Secrets** From Venice.
5.10 to **6.00** AM **Fish Town**

+1 hour 208/209

- 7.00** **Grimm** *Natural Born Wesen*: 14/22. Three Wesen commit a series of bank robberies. (S2)

- 8.00** **FILM David Brent: Life on the Road** Comedy spin-off with Ricky Gervais. More than a decade on from his appearance in *The Office*, David Brent dreams of a music career. (2016, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.50** **Freddie Down Under** 1/6. Andrew Flintoff and Rob Penn set off on an epic barbecue adventure along the east coast of Australia.
10.55 **A League of Their Own** *US Road Trip* 2/4. The gang take part in a baseball challenge in LA.

- 12.00** **MT Brit Cops: War on Crime**
1.00 AM **Brassic** 3/6. Erin attends a disastrous dinner party with Jake's family. (S2)
2.00 **Road Wars** Double bill.
4.00 to **6.00** AM **Sun, Sea and A&E**

- 7.45** **FILM Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried, Lily James, Pierce Brosnan, Cher and Andy Garcia. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.00** **Olivia Attwood: Getting Filthy Rich** *Series finale* 6/6. Meeting men cashing in on a demand for the boyfriend experience.

- 11.00** **Family Guy** 16/18. The principal of the school tries to improve test scores. (S5)
11.30 **American Dad!** (S2)
12.30 **AM The Emily Attack Show**
1.15 **Deep Fake Neighbour Wars**
1.45 **World's Funniest Videos** to **3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

- 7.00** **Rosemary & Thyme** *Swords into Ploughshares*: An archaeologist dies mysteriously during a dig for Anglo-Saxon artefacts.

- 8.00** **Doc Martin** *The Holly Bears a Prickle*: 5/7. The irascible medic and Louisa embark on what seems to be a perfect date. (S3)

- 9.00** **NEW SERIES Belgravia: The Next Chapter** 1/8. Period drama sequel to *Belgravia*. See feature, p.12. Entire series on ITVX

- 10.00** **Vera** *Muddy Waters*: Vera connects the dots between a death and an illegal immigrant who has been working at a farm.

- 11.55** **Unforgotten** 3/6. Leanne and Sunny's friendship evolves and Jess reaches out to her sister.
12.50 AM **4/6**. The Bishop Street team find more suspects further afield. (S6)
1.45 **Never the Twain** to **2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00** **NOON This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Scottish Cup Highlights** Action from the quarter-finals.
8.00 **Paramedics on Scene** A Paisley crew are called to a man who may have suffered a stroke.
9.00 **NEW Mhairi Black: Being Me Again** The ex-SNP MP talks politics, neurodiversity and stand-up comedy.
10.00 **Still Game** 5/6. Jack and Victor try to get their hands on the last steak pie in the butcher's. (S8)
10.30 **The Entertainment Mix** The latest culture and arts news, presented by Michelle McManus.
11.00 **The Sunday Show** The main issues from the world of politics.
11.30 PM to **12.00** MT **The Disasters That Shocked Scotland**

Sky Comedy

114/115 814 112 347 352

- 8.00** AM **The Conners** (S4)
9.30 **The Righteous Gemstones** 1-9/9. (S3)
3.40 PM **Curb Your Enthusiasm** (S3)
7.00 **The Office (US)** 2/25. Jim and Pam get a surprising invitation to Roy's wedding.
7.30 3/25. Pam has an emotional and surprising confrontation with Jim.
8.00 4/25. Dwight rents a bus as temporary work space for the staff.
8.30 5/25. Dwight tries to track down a madman in the office. (S9)
9.00 **Saturday Night Live** *New edition* Talk show.
10.30 **Sex and the City** 17/18. Carrie tries to apologise to Natasha.
11.10 18/18. Carrie gets a surprise call. (S3)
11.50 **Saturday Night Live**
1.20 AM **Divorce** (S1)
2.30 **Hung** 7-10/10. (S3)
4.30 to **5.00** AM **The Office (US)**

Sky Arts

130/131 826 123 36 143 365

- 6.00** AM **Tales of the Unexpected**
8.30 **Alfred Hitchcock Hour**
10.30 **Artist of the Year: Masterclass**
1.00 PM **Landscape Artist of the Year** Portsmouth.
2.00 **FILM Sherlock Holmes and the Secret Weapon** Thriller. (1942, PG) ★★
3.20 **Jesus Christ Superstar: Live in Concert**
5.10 **Joseph and the Amazing Technicolor Dreamcoat** Musical.
6.45 **David Gilmour: Live at Pompeii**
8.00 **FILM The Hound of the Baskervilles** Horror. (1959, PG) ★★★★★
9.40 **The Life and Deaths of Christopher Lee**
11.45 **FILM Dracula: Prince of Darkness** Chiller. (1965, 15, 90min) ★★
1.30 AM **Genesis Songbook**
2.50 **Discovering**
3.40 **Berlin Live: Mike & the Mechanics**
5.00 to **6.00** AM **Music Icons**

Sky Mix

151 135 11 141

- 6.00** AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvin!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Bondi Rescue**
11.30 **Highway Cops**
12.00 **NOON Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Patrol**
6.00 **Road Wars**
8.00 **Nothing to Declare**
9.00 **Britain's Most Evil Killers** The story of Lee Ford, who killed his wife and four stepchildren.
10.00 The story of Pavel Relowicz, who raped and killed Hull student Libby Squire.
11.00 **Snapped**
12.00 MT **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Motorway Patrol**
4.00 to **6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

- 7.30** AM **Unwind**
7.40 **Buying the View**
8.10 **The Real Housewives of Jersey** Reality series.
9.15 **Fletchers' Family Farm**
10.15 **Scott's Vacation House Rules** Double bill.
12.05 PM **The Real Housewives of Atlanta**
4.45 **The Only Way Is Essex**
5.45 **Celebrity Dinner Date**
6.45 **FILM Father of the Bride** Romantic comedy starring Steve Martin and Diane Keaton. (1991, PG, 105min) ★★
9.00 **The Only Way Is Essex** *New edition* The group set off for a well-earned break in sunny Bali.
10.00 **The Real Housewives of Cheshire** Seema and Sheena organise the ultimate friendship retreat in Thailand.
11.00 **Vanderpump Rules**
12.55 AM **Backyard Builds**
1.20 to **1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- 8.00** AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at:
7.00 *Murder of the Month Club*: Jessica finds herself plunged into a case involving plagiarism, blackmail and murder.
8.00 *An Egg to Die For*: Jessica joins forces with a Russian detective to solve a case of art theft and murder in Miami.
9.00 **The Gourmet Detective: Roux the Day** Crime drama starring Dylan Neal and Brooke Burns.
10.55 **The Gourmet Detective** Crime drama with Dylan Neal and Brooke Burns.
12.45 AM **The Avengers** (S5)
3.00 **Randall and Hopkirk (Deceased)** 2/26. (S1)
4.00 **Highway to Heaven**
4.50 to **5.00** AM **GREAT! Movie News Extra**

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Motorsport Mundial
6.30 Auto Mundial
7.00 ITV Football Classics
8.00 British Rally Championship
9.00 EFL Highlights
10.30 The Big Match Revisited
11.25 Great Racehorses
11.45 The Car Years
12.15 PM Sharpe
2.30 **FILM** The Sea Wolves
World War Two adventure.
(1980, PG, 120min) ★★★
4.55 **FILM** Clash of the Titans
Fantasy with Sam Worthington.
(2010, 12, 106min) ★★



8.00 Live and Let Die

7.00 **Cycling: Paris-Nice Highlights** Action from stage one, a 156.5km route starting and finishing in Le Parray-en-Yvelines.

8.00 **FILM** Live and Let Die
James Bond adventure starring Roger Moore. Agent 007 tackles a criminal mastermind who is planning to flood the US with heroin. With Jane Seymour. (1973, PG, 121min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **FILM** Kull the Conqueror
Fantasy adventure with Kevin Sorbo. Kull the Conqueror is a king who battles against enemies determined to topple him. (1996, 12, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM The Sweeney
1.20 Minder
2.15 Auto Mundial
2.45 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 Star Trek: Deep Space Nine
4.00 PM Stargate SG-1 14/20.
Baal rises up against the Jaffa High Council and brainwashes some of the governing body's magnates in a bid to overthrow the regime.
5.00 15/20. Daniel Jackson is captured and imprisoned on an Ori-controlled planet.
6.00 16/20. The team try to do a deal with the Lucian Alliance, but the mission goes awry. (S9)



7.00 Stargate SG-1

7.00 **Stargate SG-1**
The Scourge: 17/20. Alien insects put the Gamma Site at risk during a diplomatic visit.

8.00 **Stargate SG-1**
Arthur's Mantle: 18/20. Mitchell and Carter are shifted to a dimension that makes them invisible. (S9)

9.00 **Grimm**
Endangered: 19/22. Nick wonders if a series of attacks on cattle are the work of aliens rather than Wesen.

10.00 **Grimm**
Kiss of the Muse: 20/22. Nick encounters a writer who has seemingly been murdered by an aquatic monster. (S2)

11.00 **Grimm**
21/22. An army of zombies are on the march.
12.00 M/T 22/22. Frau Pech casts a spell on Adalind. (S2)
1.00 AM 1/22. Nick is seemingly killed – only to rise from the grave. (S3)

2.00 **FILM** Jurassic Domination
Horror. (2022, PG, 90min) ★★
4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S10)
10.00 Inspector George Gently
12.00 NOON Father Brown
4.00 PM Shakespeare & Hathaway: Private Investigators 5/10. Lu infiltrates a local slimming club to discover their secrets.
5.00 6/10. Frank and Lu find themselves trapped in a famous author's house. (S4)
6.00 **Death in Paradise** 5/9.
Part one of two. A concert pianist is shot dead during an apparent burglary. (S10)



11.00 The Red King

7.00 **Hudson & Rex**
The Date Escape: 7/20. Two killers escape from St John's women's penitentiary.

8.00 **Hudson & Rex**
Bury the Lead: 8/20. Donovan's journalist daughter investigates a murder at her university. (S5)

9.00 **Death in Paradise**
Death of a Pawn: 8/9. A prestigious chess match ends in murder. (S11)

10.00 **Miss Scarlet** 1/6. When a new Detective Inspector starts at Scotland Yard, Eliza must fight to prove herself all over again. (S5)

11.00 **The Red King** 1/6. Police sergeant Grace Narayan is sent on a 'punishment posting' to the island of St Jory. (S1)
12.00 M/T My Life Is Murder (S1)
1.00 AM **Death in Paradise** (S1)
2.00 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.05 AM Only Fools and Horses
12.50 PM Only Fools and Horses
Eight episodes, including at:
3.05 The Trotter brothers help a damsel in distress.
3.45 A weeping statue gives Del an idea for a miraculous money-making scheme.
4.25 The Trotters are caught up in an attempted robbery.
5.00 The Trotter brothers fall for the same woman.
5.40 Rodney's plans to make a film are spoiled by Del.
6.20 An old friend offers Del a share in his business empire.



11.15 The Young Ones

7.00 **Only Fools and Horses**
Rodney leaves home after a fight with Cassandra and arranges a date with receptionist Tanya in an effort to make his wife jealous.

8.35 **Dad's Army**
The platoon defend headquarters in a training exercise against members of the Highland Regiment.

9.15 **The Fast Show**
The *That's Amazing* presenter shows off a magical pen.
9.55 Professor Denzil Dexter steals a skull.

10.35 **Paul Whitehouse's Sketch Show Years**
Paul's retrospective concludes with the new millennium.

11.15 **The Young Ones**
The lads borrow a video recorder so they can watch horror movies.
12.05 AM **Inside No 9**
1.25 **Paul Whitehouse's Sketch Show Years**
As 10.35pm.
2.00 **The Fast Show**
to 4.00 AM The Young Ones

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM Anthony Bourdain: Parts Unknown Massachusetts.
7.55 **Storage Hunters UK**
8.25 **World's Most Dangerous Roads**
Alpine roads in Italy.
9.25 **Guy Martin's WWI Tank**
10.40 **Top Gear**
Double bill.
12.40 PM **Storage Hunters UK**
2.40 **Rick Stein's Cornwall**
4.40 **Motorhoming with Merton & Webster**
From Devon.
5.40 **The Americas with Simon Reeve**
Simon travels across Central America, from the Caribbean to the Pacific.



4.40 Motorhoming with Merton...

6.40 **Highland Cops**
A royal visit to Skye at the height of the tourist season puts pressure on local police.

8.00 **Speed with Guy Martin**
The racing fan aims to fly the fastest man-powered aircraft in the world.

9.00 **Have I Got a Bit More News for You**
Alex Horne hosts the satirical quiz, with guests Carol Vorderman and Jack Dee.

10.00 **QI**
With guest panellists Jo Brand, Liza Tarbuck and Sue Perkins.

10.40 **Mock the Week**
With Ed Byrne, Rhys James and Athena Kugblenu.

11.20 **Mock the Week**
With Maisie Adam, Angela Barnes, Glenn Moore and Evelyn Mok.
12.00 M/T **Red Dwarf**
Triple bill.
2.00 to 4.00 AM Richard Ayoade's Question Team

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
2.00 PM **Location, Location, Location**
Double bill.
4.00 **A Place in the Sun**
Four editions, including at:
7.00 Jasmine Harman helps a couple to find a rural holiday home in Tuscany, Italy.
8.00 **The Dog House**
Two teenage brothers consider adopting a cute Chihuahua cross.
9.00 **Celebrity Gogglebox**
10.00 **Gogglebox**
11.00 **FILM** The 355
Action thriller starring Jessica Chastain, Penélope Cruz, Diane Kruger and Lupita Nyong'o. (2022, 12, 122min) ★★★
1.20 AM **Celebrity Gogglebox**
2.25 **Open House: The Great Sex Experiment**
3.30 **The Great Pottery Throw Down**
4.35 to 5.00 AM The Secret Life of the Zoo

+1 hr 241/269 320/362 130

5USA

141/169 120/162 21 129

- 9.00 AM Entertainment News
9.10 **Blue Bloods** (S2)
1.00 PM **NCIS**
Nine episodes of the series, including at:
6.00 **Hide and Seek**: 19/25. A child discovers a murder weapon.
7.00 **Dead Reckoning**: 20/25. Trent Kort returns to track down a dangerous criminal.
8.00 **Toxic**: 21/25. Abby works on a top-secret research project. (S6)
9.00 **A Thousand Yards**: 7/10. NCIS come under attack by an enemy from the past. (S21)
10.00 **Law & Order: Special Victims Unit**
Forgiving Rollins: 10/23. Rollins decides it is time to reveal a secret. (S16)
11.00 **Law & Order: Special Victims Unit**
(S16&15)
1.55 AM **Law & Order** (S23)
2.50 **The Good Wife** (S1)
3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **Rogue Claimers**
1.00 PM **Traffic Cops**
5.00 PM **Police Interceptors**
Four editions of the series, including at:
8.00 Officers attempt to track down the criminals responsible for robbing a supermarket.
9.00 **999: Critical Condition**
A 17-year-old is rushed in by helicopter after a mountain bike accident.
10.00 **Prodigal Son**
Fear: 3/20. Malcolm gets his dream interview opportunity.
11.00 **Designer Complicity**: 4/20. A social media influencer is found dead. (S1)
12.00 M/T **Dexter** (S3)
2.10 AM **GPs: Behind Closed Doors**
Medical series.
3.00 **Casualty** 24/7:
Every Second Counts
to 4.00 AM Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Trucking Hell**
2.50 PM **FILM** Journey to Shiloh
Civil War Western starring James Caan. (1967, PG, 101min) ★★
4.55 **FILM** The Great Northfield Minnesota Raid
Western starring Cliff Robertson, Robert Duvall and Luke Askew. (1971, 15, 90min) ★★
6.45 **FILM** Any Which Way You Can
Action comedy sequel to *Every Which Way But Loose*, starring Clint Eastwood. (1980, 15, 116min) ★★
9.00 **FILM** Exit Wounds
Action thriller starring Steven Seagal and DMX. (2001, 18, 97min) ★
11.05 **FILM** Basic Thriller
starring John Travolta. (2002, 15, 98min) ★★
1.00 AM **Police Interceptors**
2.05 **Trucking Hell**
3.05 **Car Pound Cops**
3.35 **Trucking Hell**
to 4.00 AM Entertainment News

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM **Tipping Point**
11.00 **My Family**
3.05 PM **Outnumbered**
Six episodes, including at:
5.40 Karen becomes preoccupied with Satan.
6.20 The Brockmans endure a restless night.
7.00 **Inside the Ambulance**
Paramedics visit a convent to treat a nun with chest pain.
8.00 Crews help a child with signs of meningitis.
9.00 **Nurses on the Ward**
Rhona restores a patient's health with a large blood transfusion.
10.00 **Renee, Caitlin and James**
struggle to find a work-life balance.
11.00 **Brit Cops Down Under**
12.00 M/T **The School That Tried to End Racism**
Australia Documentary.
1.25 AM **Wedding Valley**
2.10 to 3.00 AM **Alex Jones: Making Babies Special**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM **The Bill**
12.00 **NOON Lark Rise to Candleford**
Double bill.
2.40 PM **Catherine Cookson's The Round Tower**
6.00 **Agatha and the Truth of Murder**
Mystery starring Ruth Bradley and Tim McInnerny. A woman makes an appeal to Agatha Christie for help in solving the murder of a nurse.
8.00 **Sister Boniface**
Mysteries *The Book of Shadows*: 4/12. Sister Boniface investigates a coven of witches when a human sacrifice is found in the woods. (S2)
9.00 **Silent Witness**
Close to Home: The body of a teenager is discovered.
11.15 **Whitstable Pearl** (S1)
12.20 AM **The Marlow Murder Club**
2.25 to 4.00 AM **The Brokenwood Mysteries**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Fantasy Homes** by the Sea From Dorset.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **My Dream Derelict Home** in the Sun
12.00 **NOON Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 AM **A Place in the Sun**
7.00 **Yorkshire Air 999**
8.00 **Helicopter ER** A man in danger of losing his leg after a motorcycle crash.
9.00 **Dr Pimple Popper** A woman with elf-like growths on her ears.
10.00 A man has a large knot on his head from a car crash 18 years ago.
11.00 A woman's depression is a result of bumps on her eyelids.
12.00 **MT Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 to 6.00 AM **Celebrity Fantasy Homes**

DMAX

159 169 39 147

- 6.00 AM **Alaskan Bush People** Four editions.
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** A mysterious figure gets too close for Ronny and Mireya's comfort.
8.00 A scan discovers possible man-made structures in the forest.
9.00 **Alien Encounters Declassified** Newly released documents of close encounters reveal shocking secrets.
11.00 **Expedition X** Phil and Jess test a mind-bending scientific theory.
12.00 M'T Phil and Jess investigate caverns believed to be portals.
1.00 AM **Objects** flying around Mexico's tallest active volcano.
2.00 **Teleshopping**
5.00 to 6.00 AM **Baggage Battles**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **My Lottery Dream Home** Six editions.
10.00 **A Place in the Sun**
12.00 **NOON Derelict Rescue** Eight editions of the series, including at:
4.00 PM **Rookie** renovator Matt is determined to transform a tiny barn in mid-Wales.
5.00 Alan and Anne plan to turn a draughty 19th-century church into a luxury holiday let.
6.00 **Church pastors** Jock and Shirley set out to turn a run-down barn into a heavenly home.
7.00 In Cumbria, Mike and Sandra buy themselves a retirement project to do up.
8.00 **A Place in the Sun** Five editions of the series offering advice on buying a second home abroad.
1.00 to 4.00 AM **Bargain Mansions**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Bidding Room**
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 **NOON Dickinson's Real Deal** From Llandudno.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole** Double bill of editions.
4.00 **Cash Trapped Quiz** hosted by Bradley Walsh.
5.00 **The Chase Celebrity Special** With Kym Marsh, Louie Spence, Tracey Cox and Greg Rusedski.
6.00 Jo Whaley, Jake Canuso, Georgia Taylor and Marcus Briscocke compete for charity.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The French family from Wiltshire take part.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 to 6.00 AM **The Chase**

Food Network

140/141 190 43 148

- 6.00 AM **Barefoot Contessa: Back to Basics**
11.00 **Rachel Allen's Easy Meals** Four editions.
1.00 PM **Rachel Khoo's Simple Pleasures**
3.00 **Mary Berry's Simple Comforts** Triple bill.
4.30 **Mary Berry: Love to Cook** Four recipes perfect for a crowd.
5.00 **Nadiya's Family Favourites** Four editions.
7.00 **Forever Summer with Nigella** Spicy recipes.
7.30 **Za'tar** chicken.
8.00 **Minty** recipes.
8.30 **Recipes** with a Mediterranean twist.
9.00 **Pasta** with mussels and black rice with squid.
9.30 **Slow-roasted** garlic and lemon chicken.
10.00 **Spiced pink soup**.
10.30 **A seaside feast**.
11.00 **Rachel Khoo's Simple Pleasures** Four editions.
1.00 to 3.00 AM **Cake Boss**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Curvy Brides Boutique** Double bill.
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Outdaughtered: Busby Quints**
12.00 **NOON Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
7.00 **Good Bones** Mina and Karen start work on a four-bedroom home.
8.00 **I Am Shauna Rae** The girls go bridesmaid dress shopping.
9.00 **Baylen Out Loud** Jen confronts her fears.
10.00 **Love Off the Grid**
11.00 **Sex Sent Me to the ER**
12.00 **MT Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 to 6.00 AM **Curvy Brides Boutique**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM **Wanted: Dead or Alive** Western drama.
8.30 **War in the Atlantic**
9.45 **War Machines**
10.55 **FILM Mosquito Squadron** War drama. (1968, U, 90min) ★★
1.10 PM **Wanted: Dead or Alive** Western drama.
1.40 **FILM The Big Trail** Western drama. (1930, b/w, U, 117min) ★★
4.15 **FILM Warlock** Western. (1959, U, 123min) ★★
6.50 **FILM Broken Lance** Western drama. (1954, U, 96min) ★★
9.00 **FILM Big Jake** Western adventure starring John Wayne. (1971, 15, 110min) ★★
11.25 **FILM Hours** Thriller. (2013, 12, 93min) ★★
1.35 AM **FILM Meteor Storm** Sci-fi action thriller. (2010, 12, 90min) ★
3.30 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 7.00 AM **The Twilight Zone**
8.00 **FILM Escape from Mars** Sci-fi action drama. (1999, PG, 86min) ★★
10.00 **Six Million Dollar Man**
3.00 PM **Impact 1&2/2**. (S1)
6.50 **FILM Memoirs of an Invisible Man** Comedy thriller with Chevy Chase and Daryl Hannah. (1992, PG, 99min) ★★
9.00 **FILM The Kid** Western adventure starring Chris Pratt and Ethan Hawke. (2018, 15, 100min) ★★
11.00 **FILM Ultzana's Raid** Director Robert Aldrich's cult Western starring Burt Lancaster. (1972, 15, 103min) ★★
1.00 AM **FILM Universal Soldier: Regeneration** Sci-fi action thriller sequel starring Jean-Claude Van Damme. (2009, 18, 97min) ★★
2.55 to 5.00 AM **FILM Spring Horror**. (2014, 15, 109min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Whose Line Is It Anyway? USA**
10.30 **Friends** 14-16/24. (S9)
12.00 **NOON FILM The Angry Birds Movie** Animation. (2016, U, 97min) ★★
1.50 PM **Friends** (S9&10)
7.55 **Friends** 5/18. Rachel's sister officer to babysit.
8.30 6/18. Ross faces a difficult decision. (S10)
9.00 **FILM Analyze This** Gangster comedy starring Robert De Niro and Billy Crystal. (1999, 15, 103min) ★★
11.05 **Utopia** 5&6/8. (S1)
12.15 AM **Michael McIntyre: Hello Wembley!**
1.15 **Romesh Ranganathan: Irrational Live**
2.15 **South Park** (S5)
3.15 **Fat Chat** with Desiree Burch Chat show.
3.25 **Whose Line Is It Anyway? USA**
4.15 to 5.00 AM **Guessable?**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM Evil Nanny** Thriller. (2016, 12) ★★
10.55 **FILM If Looks Could Kill** Crime thriller. (2016, 15, 90min) ★★
12.45 PM **FILM Mighty Joe Young** Fantasy. (1998, PG, 113min) ★★
3.10 **FILM Catch Me If You Can** Steven Spielberg's crime adventure. (2002, 12, 141min) ★★
6.05 **FILM Angels & Demons** Thriller with Tom Hanks. (2009, 12, 138min) ★★
9.00 **FILM The Girl with the Dragon Tattoo** Crime thriller remake. (2011, 18, 152min) ★★
12.15 AM **FILM Exposed** Crime thriller starring Keanu Reeves. (2016, 15, 100min) ★★
2.30 **Air Rescue** Triple bill.
4.00 to 6.00 AM **FILM Dangerous Attraction** Psychological thriller. (2012, PG, 90min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Bigfoot** Sci-fi action adventure. (2012, 12, 89min) ★★
8.00 **FILM Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
10.00 **FILM Beware! The Blob** Sci-fi thriller sequel. (1972, 15, 87min) ★★
12.00 **NOON FILM Shark Lake** Disaster thriller. (2015, 15, 89min) ★★
2.00 PM **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
4.00 **Star Trek** 13-17/26. (S2)
9.00 **FILM The Invisible Man Returns** Sci-fi thriller with Vincent Price. (1940, b/w, PG, 78min) ★★
10.35 **FILM The Mummy's Tomb** Horror sequel with Dick Foran. (1942, b/w, PG, 61min) ★★
12.00 **FILM L.A. Confidential** Crime thriller. (1997, 18, 138min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Criminally Funny**
12.10 PM **Friends** (S9)
2.15 **Criminally Funny**
7.00 **Whose Line Is It Anyway? USA**
9.00 **Friends** 18/25. Chandler gives Joey career advice.
9.30 19/25. Rachel longs to find a date for a charity ball.
10.00 20/25. Joey auditions for a big role.
10.30 22/25. Elizabeth sneaks away with Ross to her grandmother's cabin.
11.00 23/25. Chandler asks Phoebe to help him choose a ring for Monica.
11.30 24/25. Part one of two. Chandler plans a romantic proposal. (S6)
12.00 **MT Friends** (S6&7)
2.00 AM **Impractical Jokers**
3.00 **The Daily Show**
4.55 **Beavis and Butt-Head**
5.15 to 6.00 AM **Home Improvement**

GREAT! romance

319 424 52

- 8.00 AM **FILM Love at Mariposa Beach** Drama. (2022, PG, 90min) ★★
10.00 **FILM Aloha with Love** Romantic comedy. (2022, PG, 90min) ★★
12.00 **NOON FILM Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
2.05 PM **FILM One Summer Drama**. (2021, PG) ★★
4.00 **FILM Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
6.05 **FILM Sand Dollar Cove** Romantic drama. (2021, PG, 84min) ★★
8.00 **FILM Pearl in Paradise** Romantic comedy. (2018, PG, 90min) ★★
10.00 **FILM Love at Sunset Terrace** Romantic drama. (2020, PG, 115min) ★★
11.55 **FILM A Midnight Kiss** Drama. (2018, PG) ★★
1.50 AM **Highway to Heaven**
3.00 to 5.00 AM **FILM Love Hacks** (2022, PG) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Hardcore Pawn**
8.00 **Container Wars**
10.00 **Alien Files: Unsealed**
11.00 **In Search of Aliens**
12.00 **NOON Close Encounters**
1.00 PM **Bermuda Triangle: Into Cursed Waters**
7.00 **Digging for Britain: Iron Age Revealed**
8.00 **The Curse of Oak Island**
9.00 **U-Boat Wargamers** Roberts and Laidlaw uncovered a fatal flaw in the Royal Navy's anti-U-boat strategy.
10.05 **Viking Dead** The discovery of sites where Vikings buried treasure.
11.05 **Lost Relic Hunters**
12.05 AM **History's Greatest Mysteries** The mystery of Jack the Ripper.
1.00 **Conspiracy Files: Unsealed** Double bill.
2.00 **Westall '66: A Suburban UFO Mystery**
3.00 **Mirage Men**
5.00 to 6.00 AM **Flipping Bangers**

Sky Replay

152 156

- 7.00 AM **Highway Cops**
10.00 **Four Weddings**
12.00 **NOON Nothing to Declare** Four editions.
2.00 PM **MacGyver** Five episodes, including at:
5.00 **Diamond + Quake + Carbon + Comms + Tower**: 10/15. Angus and the team discover that Murdoc hacked their comms.
6.00 **C8H7CIO + Nano-Trackers + Resistance + Maldives + Mind Games**: 11/15. Angus and Riley head overseas to prevent a governmental collapse. (S5)
7.00 **Sun, Sea and A&E** Five editions of the documentary series.
12.00 **MT The Russell Howard Hour**
1.00 AM **A League of Their Own: European Road Trip** Double bill.
3.00 to 6.00 AM **Four Weddings**

Rewind TV

182 95

- 6.00 AM **Flash Gordon's Trip to Mars** 8/15. (S1)
7.40 **Roobarb**
7.45 **Auto Rewind**
8.00 **Watching** (S1&2)
10.30 **Bewitched** (S1)
1.00 PM **Kane & Abel**
3.00 **Hancock** 5/13. (S1)
3.30 **Tracing the Rails**
4.00 **Walking Westward**
4.30 **Bust** 3/6. (S2)
5.30 **Married... with Children**
7.00 **Fantasy Island** *Bet a Million/Mr Irresistible*: 4/16. A man discovers the love of his life. (S1)
8.00 **Police Woman** (S1)
9.00 **Dark Skies** 1&2/20. (S1)
11.00 **Kane & Abel**
1.00 AM **Bubblegum & Cheese** Pop music.
2.00 **Monkey** 20/26. (S1)
3.00 **Police Woman** (S1)
4.00 **That's My Dog**
4.30 **Hancock** 5/13. (S1)
5.00 **Tracing the Rails**
5.30 to 6.00 AM **Walking Westward**

5SELECT

153 138 46 133

- 9.00 AM **Shop Smart, Save Money** Coffee machines.
10.00 **Air Fryers: Entertaining Made Easy** Tips on how to cook decent meals in the kitchen gadget.
11.00 **Columbo** Five episodes of the series, including at:
5.30 PM **A Deadly State of Mind**: Columbo investigates a psychiatrist who has killed his lover's husband and persuaded her to lie for him.
7.00 **Ken Dodd: 60 Years of Laughter** A look back at the comedian's career.
9.00 **Fawlty Towers: Funniest Moments & More** A celebration of John Cleese and Connie Booth's sitcom.
10.30 **Man About the House: 50 Years of Laughs** A celebration of the classic sitcom.
12.00 **MT World War II in Colour** Double bill.
2.10 to 4.00 AM **Nazi Megastructures**

MTV

126/127 824 134

- 6.00 AM **Daria** 12/13. (S2)
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Fresh Out Live**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: Catch of the Day** Reality series.
5.00 **Catfish: The TV Show**
9.00 **Teen Mom: The Next Chapter** Cate and Tyler debate reconnecting with Tyler's father, Butch.
10.00 **Help! I'm in a Secret Relationship!** Jelena needs to know why Raeshib is hiding her.
11.00 **Geordie Shore**
12.00 **MT The Challenge: All Stars** Tension continues to brew between rivals KellyAnne and Sylvia.
1.00 AM **True Life Crime UK**
2.00 **Catfish: Wannabes**
2.45 **Catfish: The TV Show**
3.35 to 4.00 AM **Teen Crips**

Discovery

125/126 823 177 320 325

- 6.00 AM Wheeler Dealers**
7.00 Wheeler Dealers: Dream Car
8.00 Wheeler Dealers
11.00 Wheeler Dealers World Tour
12.00 NOON Alaska: Homestead Rescue Misty and Matt find themselves alone on a rescue.
2.00 PM The Raney's rescue inexperienced homesteaders.
4.00 The Raney's teach a family of six to thrive off-grid.
6.00 Border Control: Europe
 A passenger is found to have a secret stash in his underpants.
6.30 Hundreds of stolen phones are uncovered.

**7.00 Alaska: Homestead Rescue**

- 7.00 Alaska: Homestead Rescue** **New edition**
 A widowed homesteader, realising she didn't learn the skills she needed before her husband's passing, feels overwhelmed by her large family homestead.

- 9.00 Marooned with Ed Stafford** Ed is dropped on top of a snow-covered mountain in the western fjords of Norway.

- 10.00 Mega Shippers** Machines are brought in to move a raised dual carriage way. Plus, a team race against time to unload timber.

- 11.00 Texas Metal** Bill builds a 2023 Polaris Ranger.
12.00 M'T Naked and Afraid: Last One Standing Steven uses his skills and out-strategises Jeff.
2.00 AM Rainstorms push the survivors to breaking point.

- 4.30 to 5.00 AM**
How Do They Do It?

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 AM Tanked**
9.00 How Do Animals Do That?
10.00 My Cat from Hell
11.00 Animal Cops Philadelphia
12.00 NOON Tanked
1.00 PM Pit Bulls & Parolees
2.00 Meet the Orangutans
3.00 Meet the Penguins
4.00 My Cat from Hell
5.00 Animal Cops Philadelphia
 A man is suspected of violence toward three cats.
6.00 Tanked Basketball legend Dwight Howard asks the team to build a reptile mansion.

**10.00 Alaska Monsters**

- 7.00 Pit Bulls & Parolees**
 After a string of bad luck, Tia hopes new arrival Richard will prove to be a valuable asset.

- 8.00 Celebrity Animal Encounters** With Kate Micucci and Kristen Bell.
8.30 With Melissa Joan Hart and Orlando Jones.

- 9.00 Crikey! It's the Irwins**
 The Irwins prepare for the reopening of the zoo, and Robert helps deliver a litter of tiger cubs.

- 10.00 Alaska Monsters**
 The team head deep into the Alaskan Interior to investigate reports of a bear-like creature.

- 11.00 Wild Australia 2/2.** Australia's wilderness through the eyes of the Aborigines.
12.00 M'T Wild Mexico A look at the wildlife of the country.
1.00 AM Alaska Monsters
2.00 My Cat from Hell
3.00 Animal Cops Philadelphia
4.00 to 5.00 AM Tanked

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 AM Food Factory**
9.00 Ice Road Rescue
11.00 Air Crash Investigation
1.00 PM Seconds from Disaster
2.00 Drain the Oceans
3.00 World War II: Secrets from Above Documentary.
4.00 Hitler's Last Stand: Seize and Hold Series highlights.
5.00 World War II: The Apocalypse Footage of Hitler taken by his partner Eva Braun at his Alpine retreat.
6.00 A look into the truth behind France's defeat.

**8.00 Mysterious Islands**

- 7.00 Mutant Weather** The story of devastating events in California and British Columbia, Canada.

- 8.00 Mysterious Islands** **New edition** Strange findings on an Indonesian island, including a blood-red beach.

- 9.00 The Lost Tomb of Alexander the Great**
 Pepi Papakosta goes in search of the conqueror's final resting place.

- 10.00 Lost Tomb of Genghis Khan** Engineer and explorer Albert Lin searches for the Mongol leader's burial site.

- 11.00 Drain the Oceans: Deep Dive** Mysterious shipwrecks that became the stuff of legends.
12.00 M'T Air Crash Investigation
2.00 AM Made in a Day
2.55 Food Factory USA
3.45 Bid & Destroy
4.35 to 5.00 AM Prairie Dog Dynasty

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 AM Auction Kings**
8.00 Pawn Stars Double bill.
10.00 Storage Wars Eight editions.
2.00 PM Ancient Impossible How the ancient world created power tools and machinery.
3.00 Exploring the cutting-edge weapons and defences that armed ancient warriors.
4.00 The power and scale of the Romans' ingenuity.
5.00 A look at the technology behind the ancient Greeks' Trireme war vessels.
6.00 Examining how oil was obtained from the ground.

**9.00 Hitler's Handmaidens**

- 7.00 Ultimate Mysteries**
 A new and shocking theory could explain the disappearance of aviator Charles Lindbergh's son.

- 8.00 Ultimate Mysteries** The story of a family of seven in Kentucky who fired their guns on an alleged alien attack in 1955.

- 9.00 Hitler's Handmaidens**
 An examination of the 'Nazi Woman' through a contemporary lens.

- 10.00 Hitler's Handmaidens**
 How women were active and violent participants and perpetrators during World War Two.

- 11.00 Container Wars** A new arrival angers Israeli young guns Uzi and Schlomi.
11.30 At the port of LA, the Uzi and Schlomi are out to destroy the competition.
12.00 M'T Storage Wars
4.00 to 6.00 AM Ultimate Mysteries

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 AM Great Canal Journeys**
8.00 Canal Boat Diaries
11.00 Antiques Roadshow
1.00 PM Simon Reeve's South America Triple bill.
4.00 Cop Car Workshop
6.00 Porridge The inmates face a day of hard labour digging drains, but try to turn the situation to their advantage.
6.40 Fletcher is desperate to get out of making fishing nets, and hatches another crafty scheme to keep one step ahead of the prison wardens.

**7.20 Porridge**

- 7.20 Porridge** Fletcher takes on the role of agony aunt and ends up writing letters home for the other inmates.

- 8.00 Antiques Roadshow** The team are at Castle Ward in Co Down, where items assessed include a plate from Buckingham Palace.

- 9.00 Antiques Roadshow**
 Presenter Fiona Bruce revisits some of the show's most exciting finds.

- 10.00 Bangers & Cash**
 Paul heads to the Lake District for a poignant collection from a Mathewsons regular.

- 11.00 Dream Car Fixers** Sheldon Nichols and Peter Harriott search for the Ford Capri Mark 1 that is client Brian's teenage dream, and attempt to bring its performance roaring back to life.
12.00 M'T to 3.00 AM Canal Boat Diaries

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 AM Combat Dealers**
8.00 Find It, Fix It, Flog It
12.00 NOON Salvage Hunters: The Restorers
2.00 PM The Repair Shop
5.00 The Yorkshire Auction House Double bill.
7.00 Celebrity Yorkshire Auction House
8.00 The Repair Shop
 Restoring a classic piece of pottery and a military campaign chest.
9.00 Restoring a Silver Jubilee hobby horse.
10.00 The team restore a wind-up panda and a coconut scraper.
11.00 The team restore a ship's wheel, a worn-out football mascot and a cricket ball.
12.00 M'T Salvage Hunters: The Restorers
2.00 AM NASA's Unexplained Files
4.00 to 5.00 AM How It's Made

+1 hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 AM Say Yes to the Dress: UK** Double bill.
7.00 Say Yes to the Dress: Lancashire
8.00 Say Yes to the Dress: Atlanta Reality series.
9.00 Say Yes to the Dress
12.00 NOON FBI Files
3.00 PM The Perfect Murder
7.00 The Perfect Murder
 Investigating the crimes of Carlos Perez-Olivo.
8.00 The murder of Russel Douglas.
9.00 The Crimes That Changed Us An executive and his wife are killed by their sons.
10.00 A Killer's Mistake
11.00 Faking It: Tears of a Crime John Sharpe.
12.00 M'T Michael Jackson: A Faking It Special
1.00 AM The Grindr Killer: A Faking It Special
2.00 Murder Comes to Town
3.00 to 4.00 AM FBI Files

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 AM Judge Judy**
1.00 PM Judge Judy
6.05 Citizen Detective
7.00 Bloodline Detectives
8.00 Murder She Solved
 A woman is sure her husband has been wrongly convicted of murdering her mother.
9.00 Murder UK When Susan Waring vanished, her partner became the prime suspect.
10.00 Faye believes she has the man of her dreams, until signs of abuse emerge.
11.00 Real Detective Senior Investigator Creed arrives at the scene of a 16th murder in a row.
12.00 M'T Christine Mannina arrives on the scene of a shooting.
1.00 AM Murder UK
3.00 Donal MacIntyre's Murder Files
4.00 to 6.00 AM Judge Judy

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 AM 48 Hours**
2.00 PM Medical Detectives
 The investigation of a hit-and-run leads to a video reconstruction.
2.30 Toxicologists try to determine whether a man was poisoned.
3.00 The story of an 18-year-old girl who was abducted from her home.
3.30 A trail of stolen goods helps solve the murder of a 12-year-old.
4.00 How the owner of a severed leg is identified using forensic science.
4.30 A murderer is brought to justice 24 years after the crime.
5.00 The Real Prime Suspect The crimes of Joseph Kappen.
6.00 Judge Judy Real-life small-claims cases.
12.15 AM Judge Judy
2.00 Teens Who Kill
4.00 Citizen Detective
6.00 to 6.00 AM Medical Detectives

Sky Crime

122/123 820 121 349 364

- 6.00 AM Motorway Patrol**
9.00 Brit Cops: Law & Disorder Documentary.
10.00 Stop, Search, Seize
11.00 Britain's Most Evil Killers
12.00 NOON Killer in My...
1.00 PM How I Caught the Killer Documentary.
2.00 Love You to Death
3.00 Forensics: Catching the Killer Karen Price.
4.00 The Killer Within
5.00 The Real Manhunter
6.00 Killer in My Village
7.00 Britain's Most Evil Killers
8.00 Forensics: Catching the Killer True-crime.
9.00 Family Secrets: The Disappearance of Alissa Turney
10.45 World's Most Evil Killers
11.50 An Unexpected Killer
12.55 AM Killer in My Village
3.00 The Force: North East
4.00 The Force: Manchester
5.00 to 6.00 AM Brit Cops: Rapid Response

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 AM Grand Tours of Scotland** As 1.00pm.
8.40 Impossible Peace
1.00 PM Grand Tours of Scotland Exploring sports-based tourism.
1.40 Impossible Peace
6.05 The Dictator's Playbook Triple bill.
9.40 Trump's Comeback
 Examining Donald Trump's return to political prominence and exploring key moments that defined his path back to the White House.
10.50 The American Vice President Exploring the period between 1963 and 1976, when a grief-stricken, then scandal-stricken America was forced to define the role of the vice president and the process of succession.
12.00 M'T Trump's Comeback
1.10 to 2.00 AM Grand Tours of Scotland

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM **Discovering: Sally Field**
7.00 **Discovering: Tom Hanks**
8.00 **The Directors**
9.00 **Siempre, Luis**
11.00 **Everton: Howard's Way**
1.00 PM **Say Hey, Willie Mays!**
3.00 **FILM Going Clear: Scientology and the Prison of Belief** Documentary. (2015, 15, 120min) ★★★★★
5.15 **I Am Heath Ledger** The life and work of the Australian actor.
7.00 **Rewriting Trump** The political career of Donald Trump.
9.00 **David Frost Vs Series finale** 3/3. The interviewer's encounter with Jane Fonda during her protests about the Vietnam War. See feature, page 21. Entire series on Box Sets
10.00 **Jane Fonda in Five Acts** An intimate look at the life and work of Jane Fonda.
12.40 AM **FILM Bowling for Columbine** Satirist Michael Moore's offbeat documentary. (2002, 15, 114min) ★★★★★
3.00 **Hijacked: Flight 73**
5.00 to 6.00 AM **The Directors**

Crime+Investigation

156 837 133

- 6.00 AM **Nightmare in Suburbia**
8.00 **Crimes That Shook Britain**
10.00 **Murdertown** True-crime.
11.00 **Missing Presumed Dead**
1.00 PM **Cold Case Files: DNA Speaks** Documentary.
2.00 **Cold Case Files: Murder in the Bayou** Four editions.
6.00 **My Strange Arrest**
7.00 **Green Eyed Killers**
8.00 **Prison Brides** Documentary.
9.00 **Cold Case Files: Murder in the Bayou Series finale** Officers reopen the case of a father's disappearance in Louisiana.
10.00 **Cold Case Files**
11.00 **Homicide Squad: New Orleans**
12.00 MT **My Strange Arrest**
1.00 AM **Cold Case Files: Murder in the Bayou** Documentary.
2.00 **Cops Gone Bad with Will Mellor** New edition How former police officer Valerie Cincinelli hired a man to kill her husband.
3.00 **Witness to Murder: Digital Evidence** Documentary.
4.00 to 6.00 AM **AM An Hour to Kill**
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Four editions.
5.00 **The Bill Powers of Exclusion:** A church minister is arrested for possession of a sheath knife.
5.30 **Saturday Night Fever:** It's a busy night in Sun Hill with a full custody room at the station.
6.00 **By the Skin of Our Teeth:** An inexperienced officer deals with a domestic siege situation.
6.30 **Officers and Gentlemen:** PC Turnham is called to deal with a shoplifter.
7.00 **Top of the Pops** Triple bill of the classic chart-toppers.
9.00 **The Brokenwood Mysteries** A Merry Bloody Christmas: 4/4. Shepherd encounters a Santa Claus with a slit throat. (S3)
11.00 **The Bill** Four episodes.
1.05 AM **Top of the Pops**
3.00 **The Brokenwood Mysteries**
4.35 **The Architecture the Railways Built** Documentary.
5.20 to 6.00 AM **The Bill**
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM **Ol Pejeta Diaries**
9.00 **Animal Empires** Triple bill.
12.00 NOON **Nature's Dress Code: Who Wears What and Why?**
1.00 PM **Accidental Wilderness: Europe's Everglades**
2.00 **The Ocean's Greatest Feast**
3.00 **David Attenborough's Wild City**
5.00 **NEW SERIES Cub Camp** Documentary following the journey of an abandoned cub.
6.00 **David Attenborough's Dragons and Damsels**
7.00 **Attenborough's Journey**
8.00 **Monkeys and More: Our Closest Relatives** The shared traits between monkeys and humans.
9.00 **Predators** A brotherhood of cheetahs rule the southern plains of the Serengeti.
10.00 **A community of polar bears** struggle to survive.
11.00 **Cub Camp** As 5.00pm.
12.00 MT **Nature's Dress Code: Who Wears What and Why?**
1.00 AM **Animal Empires** Triple bill.
4.00 to 6.00 AM **Super Shark Highway**

WILD

165 841 182

- 8.00 AM **The Incredible Dr Pol**
10.00 **Rare Cat Skills**
11.00 **Europe from Above**
1.00 PM **Attack of the Red Sea Sharks** Documentary.
2.00 **Baby Sharks in the City**
3.00 **Saved from a Shark**
4.00 **Secrets of the Zoo**
6.00 **Critter Fixers: Country Vets** New edition The vets perform surgery on a serval and a Chihuahua with a damaged eye.
7.00 **Wild India** Life through the eyes of a newborn elephant calf.
8.00 **Madagascar's Legendary Lemurs** An insight into the primates of Madagascar.
9.00 **Freaks & Creeps** Lucy Cooke searches for strange creatures, beginning in Borneo with the proboscis monkey.
10.00 **Africa's Hunters** A female hyena must assert dominance in a fiercely competitive group.
11.00 **Snakes in the City**
12.00 MT **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 to 5.00 AM **Yukon Vet**

ID

154 166

- 8.00 AM **Murder Comes to Town**
10.00 **Love, Honor, Betray**
11.00 **Murder Loves Company**
12.00 NOON **Little Boy Lost: An ID Mystery** Kyron Horman.
1.00 PM **Brittany Murphy: An ID Mystery** Documentary.
2.00 **Murder in the Heartland**
4.00 **Forbidden: Dying for Love**
6.00 **Reasonable Doubt** Exploring the case of Erick Westervelt.
7.00 **A look into the death of Patty Wasiuk in 2002**
8.00 **Murder Under the Friday Night Lights** The shocking accounts of murders that shatter the Friday night dream world of high school football.
9.00 **Bride Kill** A look into the murder of Trenton Mallory.
10.00 **High Speed Chase** In Camden, Georgia, a driver leads deputies on a 150-mph chase.
11.00 **Fatal Affairs** True-crime.
12.00 MT **Dead Silent**
2.00 AM **The Perfect Murder**
4.00 to 6.00 AM **Murder Under the Friday Night Lights**
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM **Ancient Aliens**
8.55 **Ancient Superstructures**
11.00 **The Secret Nazi Expeditions**
12.00 NOON **What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Digging for Britain** Triple bill of editions, including at:
7.00 **A Roman-themed edition** focusing on the skeletons of 97 babies found beside the Thames.
8.00 **Ancient Aliens** Theorists contemplate whether alien species killed off the dinosaurs.
9.00 **Ross Kemp: Mafia and Britain** Ross heads to New York, where he discovers the connection between USA and Britain in the rise of the Mafia.
10.00 **Secrets of the Hells Angels** The murder of Margo Compton and her six-year-old daughters.
11.00 **The experiences of Charles 'Peewee' Goldsmith.**
12.00 MT **Ancient Aliens**
2.00 AM **Ross Kemp: Mafia and Britain** As shown at 9.00pm.
3.00 **Secrets of the Hells Angels**
5.00 to 6.00 AM **Evidence of the Unexplained**

Discovery History

174 181

- 7.00 AM **Shed and Buried**
9.00 **The Restoration Man**
11.00 **Lost Mines: Restored**
12.00 NOON **Combat Dealers: Reloaded** Documentary.
1.00 PM **Combat Dealers**
3.00 **Mystery at Blind Frog Ranch**
6.00 **Mysteries of the Missing** Terry O'Quinn examines the MH370 Malaysia Airlines disaster.
7.00 **Terry investigates the disappearance** of a cargo ship.
8.00 **How new technology** could reveal the truth about the lost city of El Dorado.
9.00 **A Crime to Remember** The case of Alice Crimmins.
10.00 **The story of a late-1960s** murder spree in Michigan.
11.00 **The case of the mid-air** explosion of United Airlines Flight 629 in November 1955.
12.00 MT **Alien Encounters Declassified** Close encounters reveal shocking secrets.
2.00 AM **Combat Dealers: Reloaded** Documentary.
3.00 to 5.00 AM **Combat Dealers**
+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Lucky!** Four editions.
4.00 PM **Hyperspeed**
5.00 **Four Wheeler** Four editions.
7.00 **Wheeler Dealers: Dream Car** Mike and Elvis trade up to an iconic off roader, a Series 2A Land Rover, for ex-soldier Tony.
8.00 **Wheeler Dealers** Mike tracks down a prime example of a Golf Rabbit GTi, which he thinks can be transformed.
9.00 **Mike finds a 1992** Corrado G60 smothered in aftermarket mods.
10.00 **Elvis convinces Mike** to buy a VW Golf convertible.
11.00 **Mike wants to splash** the cash on a custom bus.
12.00 MT **Mike and Edd** get to work restoring a Volkswagen T2 panel van.
1.00 AM **Richard Hammond's Big**
2.00 to 5.00 AM **World's Greatest Motorcycle Rides**
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 6.00 AM **Thelma** As 1.35am.
7.45 **Harold and the Purple Crayon**
9.20 **PREMIERE The Good Half**
11.05 **Fight or Flight** As 6.05pm.
12.50 PM **Blood for Dust** (2023)
2.40 **The Garfield Movie** Animation. (2023, U, 101 min) ★★
4.25 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★
6.05 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★



9.45 The Good Half

- 8.00 **Blood for Dust** Action thriller starring Scoot McNairy. A travelling salesman finds himself on a dangerous path after a chance encounter with a former colleague. (2023, 18, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.45 **PREMIERE The Good Half** Comedy drama starring Nick Jonas. Returning home for his mother's funeral, a man forges new relationships and heals old ones as he faces up to his grief. (2023, 15, 96min) ★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Black Dog** Chinese drama. Subtitled. (2024, 12, 110min)
1.35 AM **Thelma** Comedy starring June Squibb and Parker Posey. (2024, 12, 98min) ★★★★★
3.25 **The Watched** Horror thriller. (2024, 15, 102min) ★★
5.20 to 6.00 AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

- 6.30 AM **West North West** (2015)
8.45 **Rurangi** As shown at 2.30am.
10.25 **Mr Holmes** Period mystery. (2015, PG, 101 min) ★★★★★
12.20 PM **P.S. I Love You** Comedy drama. (2007, 12, 121 min) ★★
2.35 **Aisha** Drama with Letitia Wright. (2022, 12, 94min) ★★★★★
4.20 **The Boy in the Striped Pyjamas** War-time drama. (2008, 12, 94min) ★★★★★
6.05 **Charlie Wilson's War** Satirical political comedy starring Tom Hanks and Julia Roberts. (2007, 15, 97min) ★★★★★
8.00 **A Star Is Born** Drama, starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.20 **Pawn Sacrifice** Fact-based drama set in 1972 during the Cold War, with Tobey Maguire. (2014, 12, 115min) ★★★★★
12.20 AM **West North West** Drama. (2015, 15, 125min) ★★
2.30 **Rurangi** Drama with Elz Carrad. (2020, 15, 87min) ★★★★★
4.05 **Suburbicon** Black comedy. (2017, 15, 105min) ★★
5.55 to 7.15 AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★

Sky Cinema Hits

303 403 503 517

- 6.25 AM **Some Other Woman** Thriller. (2023, 15) ★★
8.05 **Force of Nature: The Dry 2** Thriller. (2024, 15) ★★
10.10 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★★
12.30 PM **Bad Boys for Life** Comedy sequel. (2020, 15) ★★
2.40 **Mission: Impossible – Dead Reckoning Part One** Thriller. (2023, 12, 163min) ★★★★★
5.25 **Wonder Woman** Adventure. (2017, 12, 121 min) ★★★★★



5.25 Wonder Woman

- 8.00 **Justice League** Sci-fi adventure starring Ben Affleck, Gal Gadot and Henry Cavill. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.05 **Fast X** Action thriller sequel starring Vin Diesel and Jason Momoa. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. (2023, 12, 141 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **The Bikeriders** Drama starring Tom Hardy, Jodie Comer and Austin Butler. (2023, 15, 116min) ★★★★★
2.30 **Pixels** Sci-fi action comedy. (2015, 12, 105min) ★★
4.20 to 6.00 AM **Moving On** Comedy starring Jane Fonda. (2022, 15, 85min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.25 AM **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★★
10.05 **Voyagers** Thriller starring Colin Farrell. (AM 2020, 15, 108min) ★★
12.05 PM **I Am Legend** Sci-fi horror. (2007, 15, 101 min) ★★★★★
1.55 **It** Horror with Bill Skarsgård. (2017, 15, 135min) ★★★★★
4.15 **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
6.05 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
8.00 **Minority Report** Thriller with Tom Cruise and Colin Farrell. (2002, 12, 145min) ★★★★★
10.30 **Resident Evil: Extinction** Horror sequel starring Milla Jovovich. A superhuman survivor of a zombie plague strives to evade capture by an evil corporation. (2007, 15, 90min) ★★
12.10 AM **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★
1.55 **I Saw the TV Glow** Horror thriller starring Justice Smith. (2024, 15, 100min) ★★
3.40 **Resident Evil: Vendetta** Animated sci-fi horror thriller. (2017, 15, 97min) ★★
5.20 to 7.05 AM **Night Swim** Horror. (2024, 15, 98min) ★★

Sky Cinema Kids Books

- 306 406 506 520**
- 7.25** AM **The Hobbit: An Unexpected Journey** Fantasy. (2012, 12, 165min) ★★
- 10.25** **The Hobbit: Battle of the Five Armies** Adventure. (2014, 12, 144min) ★★
- 1.05** PM **The Hobbit: Desolation of Smaug** Fantasy adventure. (2013, 12, 161min) ★★
- 4.00** **Wonka** As shown at 10.25pm.
- 6.00** **Jumanji** Fantasy with Robin Williams and Bonnie Hunt. (1995, PG, 104min) ★★



10.25 **Wonka**

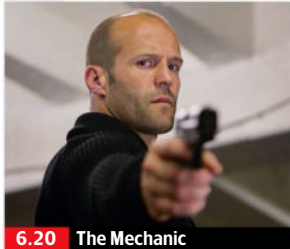
- 8.00** **Hook** Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. With Julia Roberts. (1991, U, 140min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.25** **Wonka** Fantasy comedy adventure with Timothée Chalamet, Calah Lane, Paterson Joseph, Olivia Colman and Hugh Grant. (2023, PG, 116min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.25** AM **Angus, Thongs and Perfect Snogging** Comedy. (2008, 12, 100min) ★★
- 2.10** **The Tiger Rising** Drama. (2022, PG, 102min) ★★
- 4.00** **Amazing Maurice** Animation. (2022, PG, 93min) ★★
- 5.45** **to 7.30** AM **Angus, Thongs and Perfect Snogging** (2008)

Sky Cinema Originals

- 302 402 502 516**
- 6.00** AM **Fireheart** Animation. (2022, U, 92min) ★★
- 7.35** **Amazing Maurice** Animation. (2022, PG, 93min) ★★
- 9.10** **Dragon Rider** Animation. (2020, PG, 91min) ★★
- 10.45** **Twist** As shown at 3.45am.
- 12.25** PM **The Beekeeper** Thriller. (2023, 15, 117min) ★★
- 2.15** **Fight or Flight** Action thriller. (2025, 15, 98min) ★★
- 4.05** **Serenity** Mystery thriller. (2019, 15, 106min) ★★
- 5.55** **Hotel Mumbai** Fact-based thriller starring Dev Patel. (2018, 15, 123min) ★★
- 8.00** **Lee Biopic** of war photographer Lee Miller, starring Kate Winslet. (2023, 15, 117min) ★★
- 10.00** **To Catch a Killer** Thriller starring Shailene Woodley, Ben Mendelsohn and Ralph Ineson. (2023, 15, 119min) ★★
- 12.05** AM **A Sacrifice** Drama with Eric Bana. (2024, 15, 94min) ★★
- 1.45** **Mona Lisa and the Blood Moon** Mystery with Ed Skrein. (2021, 15, 106min) ★★
- 3.45** **Twist** Crime comedy with Raff Law. (2021, 12, 90min) ★★
- 5.25** **to 7.00** AM **Riverdance: The Animated Adventure** Animated fantasy. (2021, U, 90min) ★★

Sky Cinema Martial Arts

- 307 407 507 521**
- 6.40** AM **The Cinema List**
- 7.00** **Knights of the Zodiac** (2023)
- 8.55** **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG, 99min) ★★
- 10.40** **The Mechanic** As 6.20pm.
- 12.15** PM **The Killer** (2024) ★★
- 2.25** **John Wick** Action thriller. (2014, 15, 101min) ★★
- 4.15** **John Wick: Chapter 2** Thriller sequel. (2017, 15) ★★
- 6.20** **The Mechanic** Action thriller. (2011, 15, 93min) ★★



6.20 **The Mechanic**

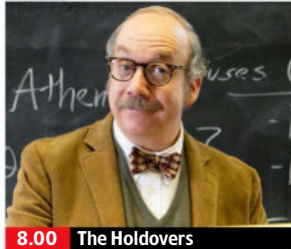
- 8.00** **Fist of Fury** Hong Kong martial arts thriller starring Bruce Lee. In 1930s Shanghai, a young kung-fu student embarks on a mission to avenge his old master's death. (1972, 18, 106min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.50** **Knights of the Zodiac** Fantasy starring Sean Bean. When a goddess of war reincarnates into the body of a girl, a street orphan discovers he is destined to protect her. (2023, 12, 112min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.50** **Dragons Forever** Hong Kong martial arts comedy thriller. (1988, 18, 93min) ★★
- 1.30** AM **Magnificent Warriors** Hong Kong action adventure. (1987, 18, 91min) ★★
- 3.10** **The Hand of Death** Hong Kong thriller. (1976, 15, 95min) ★★
- 4.50** **to 7.00** AM **The Canton Godfather** Hong Kong comedy thriller. (1989, PG) ★★

Sky Cinema Women in Film

- 304 404 504 518**
- 6.00** AM **May December** As 10.15pm.
- 8.00** **Lady Bird** As 2.10am.
- 9.40** **Erin Brockovich** As 8.00pm.
- 11.55** **The Holiday** Romantic comedy. (2006, 12, 135min) ★★
- 2.15** PM **Bridget Jones: The Edge of Reason** Romantic comedy sequel. (2004, 15, 108min) ★★
- 4.05** **Bridget Jones's Baby** Comedy sequel starring Renée Zellweger. (2016, 15, 123min) ★★
- 6.10** **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan. A woman hears a widower pour his heart out on the radio and becomes convinced he is the man of her dreams. (1993, PG, 105min) ★★
- 8.00** **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★
- 10.15** **May December** Drama starring Natalie Portman, Julianne Moore and Charles Melton. (2023, 15, 117min) ★★
- 12.15** AM **Sleepless in Seattle** (1993)
- 2.10** **Lady Bird** Comedy drama. (2017, 15, 94min) ★★
- 3.50** **The Edge of Seventeen** Comedy with Hailee Steinfeld. (2016, 15, 104min) ★★
- 5.45** **to 6.00** AM **The Cinema List: Women Oscar Winners**

Sky Cinema Comedy

- 308 408 508 522**
- 7.35** AM **Seven Psychopaths** Dark comedy. (2012, 15) ★★
- 9.35** **The Five-Year Engagement** Comedy. (2012, 15) ★★
- 11.50** **You've Got Mail** Comedy. (1998, PG, 114min) ★★
- 2.00** PM **Trainwreck** Comedy drama. (2015, 15, 124min) ★★
- 4.15** **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
- 6.00** **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★



8.00 **The Holdovers**

- 8.00** **The Holdovers** Comedy drama starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the Christmas holidays with a student. With Dominic Sessa and Da'Vine Joy Randolph. (2023, 15, 133min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.20** **Sumotherhood** Comedy drama starring Adam Deacon. Two aspiring criminals decide to rob a megastar in a nightclub toilet and hold up the local bank – but things don't go as planned. (2023, 15, 97min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.05** AM **Linoleum** Sci-fi comedy. (2022, 12, 101min) ★★
- 1.55** **This Is 40** Comedy spin-off. (2012, 15, 135min) ★★
- 4.20** **to 6.15** AM **What Happens Later** Romantic comedy. (2023, 15, 99min) ★★

Sky Cinema Animation

- 305 412 500 514**
- 7.15** AM **The Pirates! In an Adventure with Scientists** Animation. (2012, U) ★★
- 8.50** **The Boss Baby** (2017, U) ★★
- 10.35** **Sing Animation**. (2016, U) ★★
- 12.35** PM **Ruby Gillman, Teenage Kraken** (2023, PG) ★★
- 2.15** **Kung Fu Panda** Animation. (2008, PG, 92min) ★★
- 4.00** **Kung Fu Panda 2** Animated sequel. (2011, PG) ★★
- 5.45** **Kung Fu Panda 3** Animated sequel. (2016, PG) ★★
- 7.35** **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★
- 9.10** **Two by Two** Animated adventure. (2015, U, 85min) ★★
- 10.45** **Monster Family** Animated comedy. (2017, PG, 96min) ★★
- 12.25** AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★
- 1.25** **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★
- 2.50** **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★
- 4.25** **Lego DC Comics Super Heroes: The Flash** (2018, U) ★★
- 5.55** **to 7.25** AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★

Sky Cinema Thriller

- 309 409 509 523**
- 8.40** AM **The Equalizer 3** Thriller sequel with Denzel Washington. (2023, 15, 109min) ★★
- 10.35** **Munich** Political thriller. (2005, 15, 164min) ★★
- 1.25** PM **The Island** Action thriller. (2005, 12, 136min) ★★
- 3.50** **Barbarians** Thriller with Tom Cullen. (2021, 15, 89min) ★★
- 5.25** **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio and Ken Watanabe. (2010, 12, 148min) ★★



10.20 **Machete**

- 8.00** **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell and Jamie Foxx. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Gong Li and Naomie Harris. (2006, 15, 133min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.20** **Machete** Action thriller starring Danny Trejo. A Mexican ex-cop is set up by a shady Texan businessman and decides to take bloody revenge. With Robert De Niro. (2010, 18, 104min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.20** AM **The Best Man** Crime thriller. (2023, 15, 93min) ★★
- 2.05** **Split** Thriller starring James McAvoy and Anya Taylor-Joy. (2016, 15, 117min) ★★
- 4.10** **to 6.00** AM **Breakdown** Thriller starring Kurt Russell. (1997, 15, 94min) ★★

Movies 24

- 312 419**
- 7.00** AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
- 9.00** **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★
- 11.00** **The Journey Ahead** Comedy. (2022, PG, 102min) ★★
- 1.00** PM **Game, Set, Love** Romantic comedy. (2022, PG, 84min) ★★
- 3.00** **PREMIERE** Romance with a **Twist** Drama starring Jocelyn Hudon. (2024, PG, 84min) ★★
- 5.00** **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
- 7.00** **Moriah's Lighthouse** Romantic comedy starring Rachelle Lefevre. (2022, PG, 84min) ★★
- 9.00** **The Best Version of Love** Romantic comedy with Natasha Wilson and Preston Vanderslice. A publicist helps a charming-but-stubborn footballer to transform his public image. (2023, PG, 86min) ★★
- 11.00** **The Professional Bridesmaid** Drama. (2023, PG, 90min) ★★
- 1.00** AM **May the Best Wedding Win** Comedy starring Alys Crocker. (2023, PG, 85min) ★★
- 3.00** **to 5.00** AM **Scented with Love** Romantic drama with Rebecca Olson. (2022, PG, 83min) ★★

Movies 24+

315 420

Film4

- 313 855 428 14 300**
- **Films start at 11.00am**
- 11.00** AM **Monster House** Animation. (2006, PG, 91min) ★★
- 12.50** PM **Shrek Forever After** Animated comedy sequel. (2010, U, 93min) ★★
- 2.40** **Mr Popper's Penguins** Family comedy. (2011, PG) ★★
- 4.30** **CutThroat Island** Adventure. (1995, PG, 123min) ★★
- 6.55** **Daddy's Home 2** Comedy sequel starring Will Ferrell. (2017, 12, 100min) ★★



6.55 **Daddy's Home 2**

- Daddy's Home 2** (film started at 6.55pm)
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 8 PM**
- 9.00** **The Last Duel** Ridley Scott's epic drama based on a book by Eric Jager, starring Adam Driver, Jodie Comer and Matt Damon. King Charles VI declares that Knight Jean de Carrouges settle his dispute with his squire by challenging him to a duel. (2021, 18, 152min) ★★
- SEX ●●● VIOLENCE ●●● LANG ●●●
- 10 PM**
- 12.05** AM **Blue Bayou** Drama directed by and starring Justin Chon. As a Korean-American man raised in Louisiana works hard to make a life for his family, he must confront the ghosts of his past. (2021, 15, 117min) ★★
- 2.20** **to 4.00** AM **The Gravedigger's Wife** Somali drama starring Omar Abdi. Subtitled. (2021, 12, 82min) ★★

Talking Pictures

- 328 445 82 306**
- 6.00** AM **Beach Red** World War Two drama. (1967, 12, 108min) ★★
- 7.50** **What's On TPTV with Noel**
- 8.00** **Behemoth the Sea Monster** Horror. (1959, b/w, 12, 70min) ★★
- 9.30** **Suddenly** Crime thriller. (1954, b/w, PG, 77min) ★★
- 11.05** **The Beverly Hillbillies** (S1)
- 11.40** **Invasion** Sci-fi thriller. (1966, b/w, PG, 90min) ★★
- 1.15** PM **What's On TPTV with Noel**
- 1.25** **Batman** 7/60. (S2)
- 2.00** **Seven Alone** Adventure. (1974, PG, 100min) ★★
- 4.00** **The Adventures of Robin Hood**
- 4.30** **Out of Town** Documentary.
- 5.00** **The Footage Detectives**
- 6.00** **A Lifetime Ago with the Baim Collection**
- 6.25** **Law and Disorder** Comedy. (1940, PG, 74min) ★★
- 8.00** **Gideon's Way** 10/26. (S1)
- 9.05** **The Wheelchairs and Shunters Social Club**
- 10.10** **Budgie** 4/13. (S1)
- 11.15** **The Cater Street Hangman** Thriller. (1998, PG, 100min) ★★
- 1.20** AM **The Heritage Chart Show**
- 2.25** **To Dorothy a Son** (1954) ★★
- 4.05** **Four Star Theatre** 5/8. (S6)
- 4.40** **Look at Life** Documentary.
- 4.55** **The Texan** 18/37. (S1)
- 5.30** **to 6.00** AM **The Larkins**

Sky Sports Main Event

- 401 511 501 419 439**
- 6.00 AM LIVE LPGA Tour Golf**
Coverage of day four of the Blue Bay LPGA staged at Jian Lake Blue Bay Golf Course in China.
- 8.30 LIVE ICC Champions Trophy Cricket** Coverage of the final at either Gaddafi Stadium or Dubai International Cricket Stadium.
- 1.00 PM LIVE Super Sunday Tottenham Hotspur v Bournemouth.** The Premier League match at the Tottenham Hotspur Stadium. Kick-off 2.00pm.
- 4.00 LIVE Super Sunday Manchester United v Arsenal.** The Premier League match from Old Trafford. Kick-off 4.30pm.
- 7.30 LIVE PGA Tour Golf** Coverage of day four of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
- 10.00 LIVE WTA & ATP Tennis** Coverage of the fifth day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California.
- 1.00 AM LIVE WTA & ATP Tennis** Continued coverage of day five of the Indian Wells Open from Indian Wells Tennis Garden in California.
- 5.00 to 6.00 AM Sky Sports News**

TNT Sports 1

- 410 870 521 408 430**
- 7.00 AM Ally's Social Club**
- 7.30 Sign Up – Into Football**
- 8.15 Vendee Globe Highlights**
- 9.15 LIVE Alpine Skiing** The men's Super-G in Kvitfjell, Norway.
- 11.00 LIVE Snowboarding** The SBX event from Gudauri, Georgia.
- 12.00 NOON PL: Big Interview**
- 12.30 PM LIVE Cycling** Coverage of stage one of the Paris-Nice, a 156.5km route starting and finishing in Le Puy-en-Velay.
- 2.45 LIVE Men's Cycling Pro Series** Coverage of the Grote prijs Jean-Pierre Monsere in Belgium.
- 3.45 Premiership Rugby Cup**
- 4.45 MotoGP Rewind**
- 5.00 LIVE NBA Oklahoma City Thunder v Denver Nuggets.** The Western Conference match at Paycom Centre. Tip-off 5.00pm.
- 7.30 LIVE Serie A Juventus v Atalanta.** Coverage of the Italian top-flight match at Allianz Stadium. Kick-off 7.45pm.
- 9.45 UFC Pereira v Ankalaev.**
- 12.45 AM TNT Sports Reload**
- 1.00 AFL Giants v Magpies.**
- 3.00 Isuzu UTE A-League**
- 4.00 Women's ODI Cricket**
- 5.00 to 6.00 AM Vendee Globe**

TNT Sports 3

- 413 874 523 410 432**
- 6.30 AM LIVE Isuzu UTE A-League** Newcastle Jets v Auckland FC.
- 8.00 TNT Sports Reload**
- 8.15 LIVE Alpine Skiing** From Are.
- 10.00 In My Blood** With Steve Stamp.
- 11.15 Premiership Rugby Cup**
- 11.15 LIVE Alpine Skiing** From Are.
- 12.30 PM UEFA Champions League** Magazine News and action.
- 1.00 UEFA Europa League & Conference League Magazine**
- 2.00 MotoGP Rewind**
- 2.15 LIVE Men's Cycling Pro Series** Coverage of the Grote prijs Jean-Pierre Monsere in Belgium.
- 3.45 TNT Sports Cricket Reload**
- 4.00 AFL Giants v Magpies.**
- 6.00 Isuzu UTE A-League**
- 7.00 Women's ODI Cricket**
- 8.00 Snooker World Grand Prix**
- 10.00 Football** Recent highlights.
- 2.00 AM NBA on Fire** The latest news.
- 2.30 Fishing: On the Bank**
- 3.30 MotoGP Highlights**
- 4.30 to 6.00 AM Ultimate Pool**

Sky Sports Premier League

- 402 512 502 420 440**
- 6.00 AM Premier League Highlights**
- 10.00 Super Sunday Matchday**
- 12.00 NOON Sports Sunday**
- 1.00 PM LIVE Super Sunday Tottenham Hotspur v Bournemouth.** Coverage of the Premier League match staged at the Tottenham Hotspur Stadium. A goal by defender Dean Huijsen helped Bournemouth to a 1-0 win when the teams in December, one of a number of impressive results the Cherries have enjoyed this season. Kick-off 2.00pm.
- 4.00 LIVE Super Sunday Manchester United v Arsenal.** Coverage of the Premier League match staged at Old Trafford. Goals by defenders Jurrien Timber and William Saliba helped Arsenal to a 2-0 win in December's reverse fixture. Kick-off 4.30pm.
- 7.30 The Big Interview**
- 8.00 Premier League Stories**
- 8.30 Premier League Highlights** Featuring Brentford v Aston Villa and Liverpool v Southampton.
- 3.00 AM PL Greatest Games**
- 4.00 Premier League Best Goals**
- 5.30 to 6.00 AM Premier League 100 Club**

TNT Sports 2

- 411 871 522 409 431**
- 8.00 AM Premier League**
- 11.00 Classic Premier League**
- 11.30 LIVE Snooker World Grand Prix** Coverage from the second session of the final staged at Kai Tak Sports Park in Hong Kong.
- 2.30 PM Sign Up – Into Football**
- 3.15 TNT Sports Reload**
- 3.30 NBA A chance to see Boston Celtics v Los Angeles Lakers.**
- 5.00 LIVE NBA Oklahoma City Thunder v Denver Nuggets.** Coverage of the Western Conference match staged at Paycom Centre. Tip-off 5.00pm.
- 7.30 LIVE NBA Dallas Mavericks v Phoenix Suns.** The Western Conference match from American Airlines Centre. Tip-off 7.30pm.
- 10.00 NBA on Fire** The latest news.
- 10.30 NBA Action Highlights.**
- 11.00 Cycling** Highlights from the opening stage of the Paris-Nice.
- 12.00 M'T Men's Cycling Pro Series** Grote prijs Jean-Pierre Monsere.
- 1.00 AM Snooker World Grand Prix**
- 3.00 UEFA Champions League Highlights Show**
- 4.00 UEFA Europa League & Conference League Highlights**
- 5.00 to 6.00 AM Serie A**

TNT Sports 4

- 414 876 524 411 434**
- 7.00 AM NBA on Fire** The latest news.
- 7.30 LIVE A-League Women** Brisbane Roar v Melbourne City. Kick-off 7.30am.
- 9.30 Champions League Magazine**
- 10.00 TNT Sports Reload**
- 10.15 LIVE Cross Country Skiing** Coverage from Trondheim.
- 1.15 PM LIVE Biathlon** Nove Mesto.
- 2.15 Vendee Globe Highlights**
- 3.15 In My Blood** With Steve Stamp.
- 3.30 LIVE Biathlon** In Nove Mesto.
- 5.00 Alpine Skiing** Recent action.
- 6.30 Biathlon** From Nove Mesto.
- 7.30 Cycling** Recent highlights.
- 9.30 Premiership Rugby Cup**
- 11.30 TNT Sports Reload**
- 12.00 M'T Alpine Skiing** Highlights.
- 1.30 AM Biathlon** In Nove Mesto.
- 2.30 TNT Sports Reload**
- 2.45 MotoGP Rewind**
- 3.00 Premier League Legends**
- 3.30 Formula E Highlights.**
- 4.30 WRC: More Than Machine**
- 5.30 to 6.00 AM TNT Sports Reload**

Sky Sports Football

- 403 513 503 421 441**
- 6.00 AM EFL Highlights**
- 11.30 LIVE EFL Portsmouth v Leeds United.** Coverage of the Championship match staged at Fratton Park. Leeds are among the favourites to win the title, but they drew 3-3 when they met Pompey at Elland Road in August. Callum Lang's penalty looked to have won it for Portsmouth in the second minute of stoppage time, but Brenden Aaronson was still able to rescue a point for United. Kick-off 12.00noon.
- 2.45 PM LIVE Irish Football** Cliftonville v Glentoran. The BetMcLean Cup final staged at Windsor Park. Kick-off 3.00pm.
- 5.15 LIVE Bundesliga TSG 1899 Hoffenheim v FC Heidenheim 1846.** Coverage of the German top-flight match staged at PreZero Arena. Kick-off 4.30pm.
- 6.30 EFL Highlights** Featuring Sheffield United v Preston North End, Sunderland v Cardiff City and Burnley v Luton Town.
- 11.30 EFL Greatest Games**
- 12.00 M'T EFL** The 2018/19 play-offs.
- 3.00 AM EFL Greatest Games**
- 4.00 to 6.00 AM Championship Retro**

Sky Sports Action

- 408 517 507 426 446**
- 6.00 AM Super League Highlights**
- 7.00 Fight Night International**
- 8.00 Fight Night** Jonas v Price.
- 9.00 Super League Highlights**
- 10.00 Fight Night International**
- 11.00 Fight Night** A bout replay.
- 12.00 NOON Super League Highlights**
- 1.00 PM The Rugby Championship**
- 3.00 Fight Night** Jonas v Price.
- 4.00 Super League Highlights**
- 5.00 Top Rank Boxing Archive**
- 7.00 Super League Highlights**
- 8.00 The Rugby Championship** A chance to see Argentina v South Africa at Estadio Unico Madre de Ciudades in Santiago del Estero.
- 10.00 Fight Night** A chance to see Natasha Jonas v Lauren Price at Royal Albert Hall in London.
- 11.00 Super League Highlights** Wigan Warriors v St Helens from 2024.
- 11.15 Women's Super League**
- 11.30 Super League Highlights**
- 12.00 M'T State of Origin** Rugby League New South Wales Blues v Queensland Maroons from 2024.
- 1.00 AM The Rugby Championship**
- 3.00 Fight Night** A chance to see Natasha Jonas v Lauren Price.
- 4.00 Super League Highlights**
- 5.00 to 6.00 AM State of Origin** Rugby League

Premier Sports 1

- 419 551**
- 6.00 AM MotorSport** Highlights.
- 7.00 Transworld Sport Magazine.**
- 8.00 LaLiga** Two match replays.
- 12.00 NOON Scottish Cup Football** A replay of Hearts v Dundee.
- 2.00 PM Football's Greatest**
- 2.30 LIVE Scottish Cup Football** Celtic v Hibernian. Coverage of the quarter-final staged at Celtic Park. Kick-off 3.00pm.
- 5.30 LaLiga** The best saves of 2024.
- 6.00 NASCAR Highlights**
- 7.00 LIVE NASCAR** The Shriners Children's 500, the fourth round of the season staged at Phoenix Raceway in Avondale, Arizona.
- 12.00 M'T Downhill Skateboarding**
- 1.00 AM LIVE NHL** Ice Hockey Vancouver Canucks v Dallas Stars. Coverage of the Western Conference match staged at Rogers Arena. Face-off 2.00am.
- 4.00 NHL Tonight** Highlights.
- 5.00 to 6.00 AM** Sporting Countdowns

Sky Sports Cricket

- 404 514 504 422 442**
- 6.00 AM Best of ICC WT20**
- 6.30 ICC Champions Trophy Cricket** Coverage of the final staged at either Gaddafi Stadium in Lahore or Dubai International Cricket Stadium. This tournament was last held back in 2017, when Pakistan defeated rivals India by 180 runs in the showpiece match at the Kia Oval.
- 5.30 PM Best of ICC WT20**
- 6.00 ICC Champions Trophy Cricket** Highlights from Pakistan v India.
- 7.00 The first semi-final** at Dubai International Cricket Stadium.
- 8.00 Action** from the second semi-final at Gaddafi Stadium.
- 9.00 Highlights** from the final.
- 10.00 IPL** Action from Rajasthan Royals v Royal Challengers Bengaluru in the 2024 eliminator match.
- 11.00 WPL** Highlights of UP Warriorz v Royal Challengers Bengaluru at Ekana Cricket Stadium, Lucknow.
- 12.00 M'T ICC Champions Trophy Cricket** Action from the final.
- 1.00 AM WPL** A replay of UP Warriorz v Royal Challengers Bengaluru.
- 4.40 Ashes Greats** Action from 2001.
- 5.00 to 6.00 AM IPL Highlights**

Sky Sports+ Sky Sports+

- 412 518 508 427 447**
- 6.00 AM LIVE Golf** Coverage of the fourth day of the Women's Asian Amateur Golf Championship from Hoiana Shores Golf Club, Vietnam.
- 7.00 Good Morning Sports Fans**
- 10.00 Super Sunday Matchday** Analysis of the big talking points.
- 12.00 NOON LIVE PGA Tour Golf** Coverage of the early stages on day four of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
- 4.30 PM Sports Sunday**
- 6.00 LIVE WTA & ATP Tennis** Coverage of day five of the Indian Wells Open at Indian Wells Tennis Garden in California, where the third-round singles matches get under way in the men's and women's singles competitions. Eventual champions Iga Swiatek and Carlos Alcaraz claimed straight-set victories over Linda Noskova and Felix Auger-Aliassime in round three last year.
- 1.00 AM LIVE WTA & ATP Tennis** Continued coverage of the fifth day of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California.
- 5.00 to 6.00 AM Sky Sports News**

Premier Sports 2

- 420 552**
- 6.00 AM NASCAR** Xfinity Series
- 9.00 Bike World Magazine.**
- 9.30 Swedish Hockey League**
- 11.30 GP Confidential**
- 12.00 NOON LIVE LaLiga** Getafe v Atletico Madrid. The Spanish top-flight match staged at Estadio Coliseum. Kick-off 1.00pm.
- 3.10 PM LIVE LaLiga** Real Madrid v Rayo Vallecano. Coverage of the Spanish top-flight match staged at the Bernabeu. Kick-off 3.15pm.
- 5.25 LIVE LaLiga** Athletic Bilbao v Mallorca. Coverage of the Spanish top-flight match from San Mames. Kick-off 5.30pm.
- 7.55 LIVE LaLiga** Real Sociedad v Sevilla. Spanish top-flight action at Reale Arena. Kick-off 8.00pm.
- 11.30 Bike World Magazine.**
- 12.00 M'T Football's Greatest**
- 12.30 AM LaLiga** Betis v Las Palmas.
- 2.30 Football's Greatest**
- 3.00 Temples of Sport**
- 4.00 to 6.00 AM NHL** Ice Hockey

Sky Sports Golf

- 405 515 505 423 443**
- 6.00 AM LIVE LPGA Tour Golf** Coverage of day four of the Blue Bay LPGA staged at Jian Lake Blue Bay Golf Course in China.
- 9.00 The Players Championship**
- 9.30 LIVE DP World Tour Golf** Coverage of day four of the Joburg Open staged at Houghton Golf Club in Johannesburg.
- 2.30 PM LIVE PGA Tour Golf** Coverage of the early stages on day four of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
- 4.30 LIVE PGA Tour Golf** Further coverage of day four of the Arnold Palmer Invitational from Orlando.
- 10.00 Golf's Greatest Holes**
- 10.30 The Players Championship**
- 11.00 LPGA Tour Golf** Blue Bay LPGA.
- 2.00 AM Golf Academy**
- 3.00 PGA Tour Golf** Highlights.
- 5.00 to 6.00 AM Golf Academy**

Sky Sports Tennis

- 407 537 520 425 445**
- 6.00 AM Billie Jean King: My Story**
- 6.15 Martina Navratilova:** Unstoppable An interview.
- 6.30 ATP Tennis** Acapulco Open final.
- 7.30 ATP Sizzle Reel 2024**
- 7.45 WTA Sizzle Reel 2024**
- 8.00 WTA & ATP Tennis**
- 12.00 NOON WTA Tennis** Highlights.
- 1.00 PM ATP Tennis** A recent final.
- 2.00 WTA & ATP Tennis** Indian Wells.
- 6.00 LIVE WTA & ATP Tennis** Coverage of the fifth day of the Indian Wells Open from Indian Wells Tennis Garden in California.
- 1.00 AM LIVE WTA & ATP Tennis** Further coverage of day five of the Indian Wells Open in California.
- 5.00 to 6.00 AM ATP Tennis**

Sky Sports Mix

- 416 873 510 429 449**
- 6.00 AM Fight Night** Jonas v Price.
- 7.00 Women's State of Origin**
- 8.00 Premier League Darts**
- 12.00 NOON Fight Night** Jonas v Price.
- 1.00 PM Women's State of Origin**
- 2.00 Sports Sunday**
- 2.20 LIVE Bundesliga** Eintracht Frankfurt v FC Union Berlin. Coverage of the German top-flight match at Deutsche Bank Park. Kick-off 2.30pm.
- 4.30 LIVE Bundesliga** TSG 1899 Hoffenheim v FC Heidenheim 1846. Coverage of the German top-flight match staged at PreZero Arena. Kick-off 4.30pm.
- 6.30 Girlz Are Playaz Too**
- 7.00 Super League Highlights**
- 7.30 Fight Night** Jonas v Price.
- 8.30 Girlz Are Playaz Too**
- 9.00 LIVE NCAA Basketball** The Women's Big 12 Championship match. Tip-off is at 9.00pm.
- 11.00 Ladies European Tour Golf**
- 4.00 AM Golf Academy**
- 4.30 PGA Tour Golf** Highlights.
- 5.30 to 6.00 AM Golf Academy**

Sky Sports F1

- 406 516 506 424 444**
- 6.00 AM Formula 1** From Australia.
- 7.00 The F1 Show: Season Preview**
- 8.00 Formula 1** Australian Grand Prix.
- 1.20 PM Sky F1 & Moss' Iconic Cars**
- 1.30 Formula 1** Australian Grand Prix.
- 3.45 The F1 Wheelchair**
- 4.00 The F1 Show** A look ahead to the sport's 75th anniversary year.
- 5.00 Formula 1** Australian Grand Prix.
- 7.10 F1 Explained – Banking**
- 7.15 Formula 1** Season highlights.
- 7.30 Australian Grand Prix.**
- 12.45 AM Jensen Back in** His 2009 Brawn Car
- 12.55 F1 Explained:** Parc Ferme
- 1.00 to 6.00 AM** The Home of F1

Travelogue



NEW

Great Continental Railway Journeys

BBC2, 6.30pm

Michael Portillo starts his European journey in Croatia. Continues all week.

Drama



NEW

The Au Pair

Channel 5, 9pm

Beyond Paradise's Sally Bretton stars as a seamstress, whose life is upended when an au pair starts work in the family home.

OnDemand



The Pharmacy

Available today

Comedy set in a pharmacy, written by and starring pharmacist-turned-comedian Ola Labib.



NEW

OnDemand



Like Tears in Rain

Available today

An insight into the life of the late actor Rutger Hauer, through personal, never-before-seen footage.



NEW

SKY EVENING TIME 7.00 PM

7.30 PM

8.00 PM

8.30 PM

9.00 PM

9.30 PM

10.00 PM

10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Wynne &...	9.00 Virdee	10.00 News; Local News	10.40 Have I...
102 BBC2	7.00 Is Greenland...	7.30 Mastermind	8.00 Chess Masters...	8.30 University...	9.00 Israel and the Palestinians: The Road...	10.00 Detectorists	10.30 Newsnight
103 ITV1	6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Bay	10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 Michael Sheen's Secret Million Pound...	10.00 Gogglebox	
105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 The Au Pair	10.00 Casualty 24/7: Every Second Counts	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Film: Bad Boys II		

ENTERTAINMENT

115 BBC3	7.00 Dynasties II		8.00 Gladiators		9.00 Waterloo Road	10.00 Normal People	
116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 The Romantics and Us with Simon...		9.00 Dave Allen	9.55 Andrea Dunbar...	10.30 Tish
118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen	10.00 Family Guy	
136 MORE4	6.55 Car S.O.S.				9.00 Two Men on a Bike	10.00 Wonders of the World I Can't See	
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Love Triangle UK	10.10 First Dates	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Matlock		9.00 Blue Bloods	10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	6.50 Six Feet Under		7.55 Game of Thrones		9.00 The White Lotus	10.15 Small Town, Big Story	
110 U&GOLD	7.00 Only Fools and...	7.35 Dad's Army			9.00 Gavin & Stacey	10.15 The Fast Show	
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Dave Gorman: Modern Life Is Goodish	10.00 Alan Davies: As Yet Untitled	
119 ITV3	6.55 Heartbeat		8.00 Midsomer Murders			10.00 Endeavour	
120 ITV4	7.00 Cycling: Paris-Nice Highlights		8.00 The Motorbike Show		9.00 Film: Bullitt		
112 COMEDY CENTRAL	6.45 Friends				9.00 Michael McIntyre: Live & Laughing	10.00 Utopia	
139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad		9.00 Poker Face	10.00 Small Town, Big Story	
109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise	10.00 Father Brown	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 André Rieu & Friends: Live in Maastricht VII				
132 U&W	7.00 MasterChef USA		8.00 Cops on the Rock		9.00 Brit Cops Down Under	10.00 Ambulance Australia	

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Mega Shippers	10.00 Texas Metal	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Fish or Die			10.00 Alaska Monsters	
129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets from Above		9.00 Air Crash Investigation	10.00 Hitler's Last Stand: Medal of Honor	
123 SKY HISTORY	7.00 Forged in Fire Tournament of...		8.00 UFOs: The Lost Evidence		9.00 Ramses the Great: King of Ancient...	10.00 Secrets in the Ice	
155 U&YESTERDAY	7.00 Speed with Guy Martin		8.00 Simon Reeve's Return to Cornwall		9.00 My Kind of Town	10.00 Bangers & Cash	
121 SKY DOCS	7.00 We are Wigan Warriors		8.00 UFO		9.00 Six Silent Killings: Ireland's Vanishing Triangle		

FILMS - Sky Cinema

301 PREMIERE	6.20 The Good Half		8.00 Fight or Flight		9.50 Blood for Dust		
302 ORIGINALS	6.00 Promising Young Woman		8.00 Ferrari			10.15 The Bricklayer	
303 HITS	5.35 Fast X		8.00 Catch Me If You Can			10.25 It	
304 CLASSICS	5.35 Superman		8.00 Superman II			10.10 Superman III	
305 ANIMATION	5.50 Trolls Band...	7.30 The Nut Job		9.05 10 Lives		10.40 Spirit...	
306 FAMILY	5.50 Charlie and the Chocolate...	7.50 The Flintstones		9.25 The Flintstones in Viva Rock Vegas			
307 ACTION	5.30 Bad Boys II		8.00 Fast & Furious 6			10.20 Baby Driver	
308 COMEDY	6.15 Blades of Glory		8.00 Knocked Up			10.10 This Is 40	
309 THRILLER	5.35 Jack Reacher		8.00 Jack Reacher: Never Go Back			10.15 Breakdown	
310 DRAMA	6.10 Jackie		8.00 Jarhead			10.15 Suburbicon	
311 SCI-FI	6.20 Gravity		8.00 The Woman in Black		9.45 The Frighteners		
313 FILM4	6.55 Footloose			9.00 Kingsman: The Secret Service			

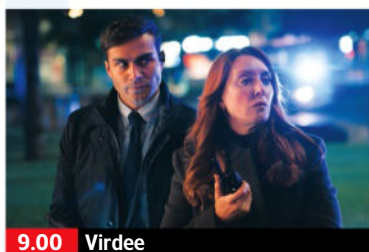
SPORT

401 MAIN EVENT	6.30 MNF - Live: West Ham United v Newcastle United (Kick-off 8.00)						
402 PREMIER LEAGUE	6.30 MNF - Live: West Ham United v Newcastle United (Kick-off 8.00)						
403 FOOTBALL	6.30 Bundesliga...	7.30 EFL Highlights				10.30 Bundesliga...	
404 CRICKET	7.00 History of the ICC Champions Trophy	8.00 WPL		9.00 ICC Champions Trophy Cricket	10.00 IPL		
410 TNT SPORTS 1	6.00 Premier...	7.30 Serie A - Live: Lazio v Udinese (Kick-off 7.45)		9.45 Fight Week	10.15 SailGP - Racing on the...		
411 TNT SPORTS 2	6.00 Ultimate Pool - Live: Coverage from Group 10 of the Champions League			9.30 Snooker World Grand Prix			



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Crimewatch Live **New edition** (S)
11.30 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt **New edition** (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Clean It, Fix It **New edition**
A single mother receives help decluttering her small home. (S)
2.30 A Service of Celebration for Commonwealth Day
From Westminster Abbey. (S)
4.00 Make It at Market (S)(R)(AD)
4.30 **NEW SERIES** The Finish Line
Quiz show hosted by Roman Kemp and Sarah Greene. (S)
5.15 Pointless Quiz show. (S)(R)
6.00 BBC News (S)
6.30 Local News (S)



9.00 Virdee

7.00 The One Show
Alex Jones and Clara Amfo present the usual mix of topical stories and celebrity chat. (S)

7.30 EastEnders
Nicola takes drastic action to conceal the truth, and Kat's trust in Tommy is tested. (S)(AD)

8.00 Panorama: The Day Los Angeles Burned
New edition The impact of the recent wildfires in the city. (S)

8.30 Wynne & Joanna: All at Sea
Series finale 6/6. The duo finally arrive in St Davids. (S)
■ Entire series on BBC iPlayer

9.00 Virdee
New episode 5/6. With Harry hospitalised after a vicious attack, the killer contacts the police with an offer, and Riaz becomes a target as Vasil seeks revenge. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10.00 BBC News (S)
10.30 Local News (S)
10.40 Have I Got News for You
Guz Khan hosts, with Ross Noble and Janet Street-Porter joining team captains Paul Merton and Ian Hislop. (S)(R)

11.10 The Traitors US Final 11/12. Alan Cumming hosts the final, as the traitors and faithful come together for the last round table. (S)(R)
12.25 AM The Graham Norton Show
A compilation of highlights from the recent series, featuring stars including Demi Moore, Timothée Chalamet, Denzel Washington, Cher and Nicole Kidman. (S)(R)
1.25 Weather for the Week Ahead
Seven-day forecast. (S)
1.30 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.05** AM Make It at Market (S)(R)
6.50 Sign Zone: The Repair Shop (S)(R)
7.50 Match of the Day 2 (S)(R)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz. (S)(R)
3.15 The Farmers' Country Showdown
3.45 India: Nature's Wonderland (S)(R)
4.45 Designing the Hebrides (S)(R)(AD)
5.15 Flog It! From Penrhyn Castle. (S)(R)
6.00 Richard Osman's House of Games
Des Clarke, Rachel Fairburn, Trevor Nelson and Kimberley Nixon take part. (S)(R)
6.30 **NEW SERIES** Great Continental Railway Journeys 1/20. Michael journeys across Croatia and Bosnia and Herzegovina. See feature, page 20. (S)(AD)



8.00 Chess Masters: The Endgame

7.00 **NEW** Is Greenland for Sale?
Exploring whether President Trump and the US could ever take over Greenland. (S)(AD)

7.30 Mastermind
New edition Subjects include Henry II, the Miss Marple novels and Friday Night Dinner. (S)

8.00 **NEW SERIES** Chess Masters: The Endgame
1/8. Rising stars of the UK's chess community battle it out in a high-stakes contest. (S)

8.30 University Challenge
New edition The latest quarter-final of the contest. (S)

9.00 Israel and the Palestinians: The Road to 7th October
Series finale 3/3. The documentary reaches Donald Trump's first term as president, in which he tries to make peace his way, while Israel tried to contain Hamas in Gaza. (S)(AD)

10.00 Detectorists
4/6. Terry announces that he is standing down as leader of the Danebury Metal Detecting Club. (S1) (S)(R)(AD)
10.30 Newsnight (S)

11.00 Weather (S)
11.05 Surgeons: At the Edge of Life
2/6. Surgeon Danielle Collins operates on a patient who has an aggressive tumour that has doubled in size in two months. (S)(R)(AD)
12.05 AM Sign Zone: Countryfile
The Humber Estuary. (S)(R)
1.00 Sign Zone: Gladiators (S)(R)(AD)
2.00 Sign Zone: Waterloo Road 4/8.
Schuey is unsettled by a letter from an old enemy. (S15) (S)(R)(AD)
3.00 to **6.30** AM Previews (S)

ITV1

- 103** **103** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning (S)
12.30 PM Loose Women (S)
1.30 ITV News (S)
1.55 Local News (S)
2.00 **NEW SERIES** Alan Titchmarsh's Gardening Club
Alan and a team of experts examine the latest horticultural trends for seasoned and aspiring gardeners alike, including a houseplant masterclass for beginners. (S)
3.00 Lingo Word-based game show hosted by Adil Ray. (S)(R)
4.00 Tipping Point **New edition** Game show hosted by Ben Shephard. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



9.00 The Bay

7.30 Emmerdale
Marlon acts dishonestly, Steph's suspicions pique, and Sarah gets sad news. (S)(AD)

8.00 Coronation Street
Accusations fly in the aftermath of the crash, Betsy refuses to curtail her freedom because of Rob, Eileen catches Julie whispering with George, and Alya bids an emotional farewell to Yasmeen. (S)(AD)

9.00 The Bay
New episode 5/6. A new SIO is called in to lead the MIU team. Meanwhile, Jenn must choose between her family and her job, and Julie's trust in Jenn is damaged. (S5) (S)(AD)
■ Concludes tomorrow

10.00 ITV News (S)
10.30 Local News (S)
10.45 Peston
Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)

11.40 Heathrow: Britain's Busiest Airport 6/12. A look behind the scenes of Heathrow's Test and Trace policy. (S)(R)(AD)
12.05 AM Teleshopping
3.00 For the Love of Dogs with Alison Hammond
A police van full of dogs arrives at Battersea Dogs and Cats Home. (S)(SL)(R)(AD)
3.25 Unwind with ITV (S)
4.20 to **6.00** AM
Oscars Highlights (S)(SL)(R)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **108** **4** **104** **104/106**
- 6.25** AM Cheers 11-14/26. (S4) (S)(R)
8.10 Everybody Loves Raymond (S)(R)
9.10 Frasier 12-15/24. (S10) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA
From Norwalk, Ohio. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun
Phil and Karen renovate a canine-themed bar on the Costa del Sol. (S)(R)
5.00 Four in a Bed **New edition**
This week's contest kicks off at the Fox and Hounds in Dorset. (S)
5.30 Come Dine with Me **New edition**
Campervan-loving Angharad hosts the first dinner party in Cardiff. (S)
6.00 A Place in the Sun **New edition**
A finance officer looks for a holiday home on Spain's Costa Almeria. (S)



9.00 Secret Million Pound Giveaway

7.00 News (S)

8.00 Batch from Scratch: Cooking for Less
New edition 4/6. Joe Swash and Suzanne Mulholland visit Falkirk to help the Brooks family break time-wasting shopping habits, and teach them batch-cooking strategies. (S)(AD)

9.00 **NEW** Michael Sheen's Secret Million Pound Giveaway
One-off documentary following the actor as he uses his own money to buy £1 million of debt belonging to people in south Wales – and then writes that debt off. (S)(AD)

10.00 Gogglebox
The armchair critics share their opinions on what they have been watching on TV, with cameras capturing their instant reactions. (S)(R)(AD)

11.10 Candy: A Death in Texas
Series finale 5/5. Candy battles to tell her story while a jury considers her fate. (S1) (S)(AD)
12.15 AM FILM Bad Teacher
Comedy starring Cameron Diaz. (S)(AD) (2011, 15, 95min) ★★★
1.50 Get Millie Black (S)(SL)(R)(AD)
3.40 Undercover Boss USA (S)(R)
4.30 Sunday Brunch Best Bits (S)(R)
4.35 Hollyoaks Omnibus (S)(SL)(R)
5.45 to **6.25** AM Countdown (S)(R)

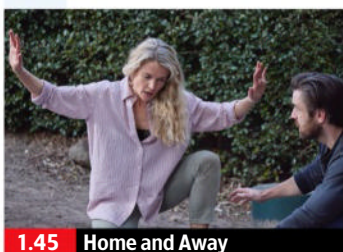
+1 hour **204/208** **304** **15** **121**

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 A man has painful ribs after injuring himself at work. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM Danger Rocks the Cradle
 Thriller with Devin Cecchetto. (S)(AD) (2022, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun
 Andy from Hull returns and hopes to move to Spain permanently. (S)(R)(AD)
5.00 News (S)
6.00 Eggheads Casual Chess take on the quiz experts. (S)(R)
6.25 The Pie Party hope to topple the Eggheads. (S)(R)
6.55 News (S)



1.45 Home and Away

- 7.00 Police Interceptors**
New edition Paul goes on the lookout for a Mercedes driven by a suspected burglar, and officers pursue Durham's most wanted. (S)
7.55 News (S)

- 8.00 Traffic Cops**
New edition An elderly woman, travelling with her daughter and granddaughter, is injured after veering off a road in icy conditions. A tractor driver is suspected of causing a collision. (S)
9.00 NEW SERIES The Au Pair
 1/4. Drama starring Sally Bretton and David Suchet. A couple agree to bring in an au pair – but the newcomer has her own agenda. See *feature, page 8*. (S1) (S)
 ■ Continues tomorrow

- 10.00 Casualty 24/7: Every Second Counts**
 Patients include an elderly man due to fly to Cyprus in two days, an ex-miner with breathing difficulties, and a youngster with a footballing injury. (S)(R)

- 11.05 999: Critical Condition**
 A man suffers his second heart attack in two weeks. (S)(R)
12.05 AM Police Interceptors (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Friends (S1) (S)(R)(AD)
3.50 Police Interceptors (S)(R)(AD)
4.40 Wildlife SOS (S)(SL)(R)
5.05 Divine Designs (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S3) (S)(R)
11.00 Super Shark Highway (S)(R)
12.00 NOON The Flash (S8) (S)(R)
1.00 PM Hawaii Five-0 (S1) (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons *Catch 'Em If You Can*: Marge and Homer go on a second honeymoon. (S)(R)
5.30 The Ziff Who Came to Dinner: Homer is sentenced to 10 years in prison. With the guest voice of Jon Lovitz. (S)(R)
6.00 The Office (US) 7/25. Dwight struggles to sell to a female client. (S)(R)
6.30 8/25. Angela learns that her husband is having an affair with Oscar. (S9) (S)(R)



9.00 Bad Boys II

- 7.00 The Simpsons**
Simple Simpson: Homer takes revenge on wrongdoers by throwing pies at them. (S)(R)
7.30 The Way We Weren't: Homer tells the story of his first love – a girl he kissed at summer camp. (S)(R)

- 8.00 UFO**
 2/4. When US Navy pilots encounter an unidentified aerial phenomenon in 2004, conversations around UFOs move from the fringes to the centre of the Pentagon. (S)(R)(AD)
9.00 FILM Bad Boys II
 Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (S) (2003, 15, 147min) ★★ ★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 11.40 Rob Beckett's Smart TV**
 With guests Richard Osman, Danny Dyer, Motosi Mabuse and Richard Ayoade. (S)(R)(AD)
12.30 AM Last Week Tonight with John Oliver Talk show. (R)
1.15 Veep 1&2/10. (S6) (S)(R)(AD)
2.30 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964
12.25am Scotcast (S)(R)
12.55 The Graham Norton Show (S)(R) **1.55 Weather for the Week Ahead** (S) **2.00-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966
8.00pm Chronicles of the Sperrins **New edition** (S)
8.30-9.00 Panorama: The Day Los Angeles Burned **New edition** (S)
10.40 Wynne & Joanna: All at Sea **Series finale** (S)
11.10 Have I Got News for You (S)(R) **11.40 The Traitors US Final** (S)(R)
12.55am The Graham Norton Show (S)(R) **1.55-6.00am** BBC News (S)

WALES

Sky 965, Virgin 864, Freesat 965
 No variations

BBC2

N. IRELAND

Sky 969, Freesat 969
10.00-10.30pm **NEW** Gairdini an Phobail (S)

WALES

Sky 968, Freesat 968
 No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd
12.05pm Cymry ar Gynfas
12.30 Heno **1.00** Hen Dy Newydd (AD) **2.00** Newyddion a'r Tywydd
2.05 Prynhawn Da **New edition** **3.00** Newyddion a'r Tywydd **3.05** Siwrna Scandi Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno **New edition** **7.30** Newyddion a'r Tywydd
8.00 Y Byd ar Bedwar **New edition** **8.25** Cegin Bryn: Yn Ffrainc **8.55** Newyddion a'r Tywydd **9.00** Ffermio **New edition** **9.30** Sgorio **10.00** Troseddau Cymru Gyda Sian Lloyd (AD) **11.00-11.35pm** Codi Hwyl America

TV&Satellite
New issue
on sale
tomorrow

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Dynasties II** A mother puma must endure the wild weather of Patagonia in her bid to raise four cubs.
7.55 The Catch Up
8.00 Gladiators 7/11. Bradley and Barney Walsh host the second quarter-final.
9.00 Waterloo Road 4/8. Donte's attempts to support Ashton leave him roped into chaperoning Nisha's mathlympics trip, and Jared's manipulation pushes Libby into crisis. (S15)
10.00 Normal People 1/12. Adaptation of Sally Rooney's novel about the complex relationship between two teenagers. Stars Paul Mescal and Daisy Edgar-Jones.
10.20 2/12. Marianne must find a way to explain her unplanned absences to her prying brother Alan. (S1)
10.50 Funboys 1&2/4. (S1)
12.30 AM Go Hard or Go Home
1.30 Planet Sex with Cara Delevingne
3.00 to 4.00 AM Boot Dreams: Now or Never

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Vintage Gems**
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Janet and Philip suffers setback at the Chateau de la Fare.
5.50 Car S.O.S Fuzz Townsend and Tim Shaw secretly restore a BMW 2002 Turbo.
6.55 Fuzz and Tim attempt to restore a Vauxhall Astra back to its former glory.
7.55 Car S.O.S Fuzz and Tim restore a Lexus IS200 and transform it into a drift car.
9.00 Two Men on a Bike **Series finale** 4/4. On the final leg of their journey, David Baddiel and Hugh Dennis head to the Mediterranean port of Le Somail and take a boat ride along the Canal du Midi.
10.00 Wonders of the World I Can't See 3/4. Chris McCausland heads to Jordan in the Middle East with actor and comedian Guz Khan, to visit the ancient city of Petra.

- 11.05 24 Hours in A&E**
 A woman is rushed in following a suspected stroke.
12.10 AM The doctors treat a stabbing victim.
1.15 Emergency Helicopter Medics Documentary.
3.25 to 3.50 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Climbing Great Buildings** The Clifton Suspension Bridge.
7.30 Who Do You Think You Are? USA Actor Courteney Cox traces her ancestry.
8.00 The Romantics and Us with Simon Schama 3/3. How the Romantics created the secular cult of national belonging.
9.00 Dave Allen The comic looks at the English, the Irish and other illogical aspects of life.
9.55 Arena: Andrea Dunbar and Victoria Wood
 The work of writer and performer Victoria Wood and playwright Andrea Dunbar.
10.30 Tish Tish Murtha's daughter explores her mother's life and work as a photographer.
12.00 M/T Being Bridget Jones
1.00 AM A Portrait of Carol Shields: Dressing Up for the Carnival
1.50 Climbing Great Buildings
2.20 Who Do You Think You Are? USA As 7.30pm.
2.50 to 3.50 AM The Romantics and Us...

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Ramsay's Kitchen Nightmares USA
8.00 The Goldbergs
9.00 The Big Bang Theory
10.00 Young Sheldon
11.00 Modern Family
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks While Tony cooks a family dinner at The Hutch, Arlo stirs trouble.
7.30 Married at First Sight Australia **New edition**
 Morena and Tony have a European wedding, while confident groom Ryan thinks he can meet bride Jacqui's high expectations.
9.00 NEW SERIES Love Triangle UK 1/10. Four hopeful singles dive headfirst into the dating experiment.
10.10 First Dates A meeting goes well, until a mutual friend comes into the conversation.

- 11.10 Gogglebox**
12.15 AM Naked Attraction
1.20 Married at First Sight Australia As 7.30pm.
2.45 Love Triangle UK
3.50 Abbott Elementary
4.15 The Goldbergs
5.05 to 6.00 AM
 The Neighborhood

+1 hour 235/236 306 30 123

Monday

primetime

primetime

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Border Security USA
10.00 Border Security: America's Front Line Double bill.
11.00 New Amsterdam 11/13. (S5)
12.00 NOON The Good Doctor (S2)
1.00 PM The Cleaning Lady (S2)
2.00 Chicago Fire 11/22. Firehouse 51 prepare for their inspection.
3.00 12/22. Truck and Squad clash after a tense call. (S11)
4.00 Nothing to Declare Six editions of the documentary.



8.00 Matlock

- 7.00 Nothing to Declare Drug detector dog Vulcan makes an amazing find.
7.30 Two men try to avoid luggage checks.

- 8.00 Matlock Belly of the Beast: 7/18. A woman experiences severe symptoms after taking part in a clinical trial. (S1)

- 9.00 Blue Bloods Firewall: 9/20. A cyber-attack on the NYPD forces Danny and Baez to release an evasive suspect. (S12)

- 10.00 Law & Order: Special Victims Unit King of the Moon: 15/22. A man with dementia admits to murder. (S24)

- 11.00 The Rookie 18/22. (S4)
12.00 MT Law & Order: Organized Crime 21/22. (S2)
1.00 AM FBI: Most Wanted (S2)
2.00 SERIES RESUMES Matlock
3.00 The Rookie: Feds 16/22. (S1)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- 6.00 AM The Guest Wing
8.00 True Blood (S3&4)
10.00 Six Feet Under (S1)
12.10 PM Game of Thrones (S5)
1.10 Big Love 10/10. (S5)
2.25 Westworld 1/10. (S1)
3.45 True Blood 12/12. Lafayette suffers another bad V trip. (S3)
4.45 1/12. Bill and Eric try to regain the trust of their human neighbours. (S4)
5.45 Six Feet Under 7/13. Ruth invites Hiram to dinner.
6.50 8/13. Federico makes a decision about his future. (S1)



9.00 The White Lotus

- 7.55 Game of Thrones Unbowed, Unbent, Unbroken: 6/10. Jorah and Tyrion run into slavers and Arya continues her training at the House of Black and White. (S5)

- 9.00 The White Lotus New episode Hide or Seek: 4/8. Dark comedy drama set in a luxury resort in Thailand. (S3)

- 10.15 Small Town, Big Story How Many People Does He Need? 2/6. Wendy closes in on Seamus and his family. (S1)

- 11.20 Homicide: Life on the Street 4/20. Crime drama. (S3)
12.25 AM Gangs of London (S2)
1.35 The Last of Us 5/9. (S1)
2.50 Watchmen 4/9. (S1)
3.55 Game of Thrones As 7.55pm.
5.00 to 6.00 AM Richard E Grant's Hotel Secrets

+1 hour 208/209

Sky Max

113/114 813 111 346 351

- 6.00 AM Hawaii Five-0 (S1)
8.00 The Flash 5/20. (S8)
9.00 Stargate SG-1 7/8/22. (S3)
11.00 Supergirl 14/20. (S1)
12.00 NOON The Flash 6/20. (S8)
1.00 PM Hawaii Five-0 (S1)
3.00 NCIS: Los Angeles (S13)
4.00 Magnum P.I. 17/20. Katsumoto asks Thomas to help stop a killer from walking free. (S5)
5.00 Supergirl 13/20. Kara's life comes under threat. (S1)
6.00 Stargate SG-1 7/22. The team members are captured by an alien bounty hunter. (S3)



6.00 Stargate SG-1

- 7.00 Stargate SG-1 Demons: 8/22. The team try to protect a medieval world from the Goa'uld. (S3)

- 8.00 An Idiot Abroad 6/8. Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro, and takes in the culture of Brazil.

- 9.00 Poker Face The Stall: 3/10. Charlie takes a job at a family-run Texas barbecue joint. (S1)

- 10.00 Small Town, Big Story How Many People Does He Need? 2/6. Wendy closes in on Seamus and his family. (S1)

- 11.00 Rob Beckett's Smart TV Hacks 9/10. Deborah nervously anticipates her final show.
12.30 AM 10/10. Ava deals with a family crisis. (S1)
1.10 The Force: Manchester
2.10 Road Wars Documentary.
3.00 NCIS: Los Angeles (S13)
4.00 Magnum P.I. 17/20. (S5)
5.00 to 6.00 AM Highway Patrol

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
9.55 Love Bites Double bill.
12.00 NOON Dinner Date
1.00 PM Deal or No Deal
2.00 Supermarket Sweep
3.00 Charmed 9/22. Billie is infected by a virus that only affects magical beings. (S8)
4.00 Gilmore Girls 8/22. Emily calls a truce with Richard. (S5)
5.00 Dinner Date
6.00 Celebrity Catchphrase With Mark Bonnar, Alexandra Burke and Claire Sweeney.



8.00 Ant & Dec's Limitless Win

- 7.00 Deal or No Deal Stephen Mulhern hosts the game show as contestant Paula attempts to win a life-changing cash prize.

- 8.00 Ant & Dec's Limitless Win Husband and wife Nathan and Taylor return to continue their climb up the money ladder.

- 9.00 Hell's Kitchen New edition The chefs must balance an array of ingredients and create a dish that sings.

- 10.00 Family Guy 17/18. Lois decides to run for mayor.
10.30 11/18. Stewie becomes convinced he has skin cancer. (S5)

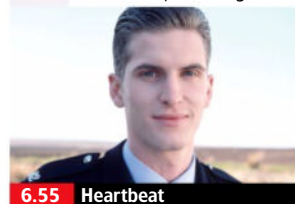
- 11.00 American Dad! 17/19. Stan evicts his neighbourhood.
11.30 10/19. Stan meets his hero - George W Bush. (S2)
12.05 AM Bob's Burgers (S13)
1.05 Iain Stirling's CelebAbility
1.50 World's Funniest Videos
2.20 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 Inspector Morse
10.35 The Royal To Love and to Lose.
11.35 Heartbeat Double bill.
1.40 PM Classic Emmerdale
2.40 Classic Coronation Street
3.40 Inspector Morse The Infernal Serpent: A highly respected scientist is murdered.
5.55 Heartbeat Waifs and Strays: When three farm children are orphaned, Steve helps the eldest fight a custody battle in order to keep them together.



6.55 Heartbeat

- 6.55 Heartbeat Brought to Book: Steve takes a group of delinquents on an outdoor adventure course on the moors.

- 8.00 Midsomer Murders Written in the Stars: Barnaby and Jones investigate the death of an amateur astronomer who was killed by a blow to the head with a meteorite during a total eclipse of the sun. Guest stars Maureen Lipman.

- 10.00 Endeavour Deguello: The detective investigates the murder of a librarian, and discovers a web of professional and personal rivalries with a connection to the Holocaust.

- 11.55 Trial & Retribution (S10)
12.50 AM Wycliffe 3/8. A murder victim is found buried with a cache of timber, and the main suspect is later shot dead. (S3)
1.50 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
2.00 PM Sign Zone: This Farming Life
3.00 Sign Zone: Our Lives - The Boy Who Can Fly
3.30 This Is BBC Scotland
7.00 Reporting Scotland
7.30 LIVE SportsScene: Scottish Cup Football Livingston v St Johnstone: Coverage of the concluding quarter-final at Set Fare Arena. Kick-off is at 7.45.
10.00 River City New episode A tense Tyler faces his punishment from an enraged Harry.
10.30 NEW SERIES Scotland's Greatest Escape 1/5. Grado and Judith Ralston head to Perthshire.
11.00 Scotcast New edition Topical discussion.
11.30 PM to 12.00 MT The Chief 3/4. A newspaper scoop threatens Miekelson's career. (S1)

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Avenue 5 (S1)
9.15 The Conners (S5)
10.15 Vice Principals (S1)
11.25 Eastbound & Down
12.35 PM Curb Your Enthusiasm (S3)
1.55 Vice Principals (S1)
3.05 Eastbound & Down
4.25 Avenue 5 (S1)
5.40 The Office (US) (S9)
6.40 The Conners (S5)
7.40 Curb Your Enthusiasm 6/10. Larry returns to LA to some bad news.
8.20 7/10. Jeff suffers an allergic reaction. (S3)
9.00 Last Week Tonight with John Oliver New edition
9.45 Lucy Beaumont: Live from the Royal Court Theatre Stand-up show.
10.45 Real Time with Bill Maher New edition
11.55 Last Week Tonight with John Oliver
12.40 AM Veep (S6)
2.00 Flight of the Conchords
3.05 Eastbound & Down
4.25 to 5.00 AM Avenue 5

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM ENO's Drive & Live: La Bohème
7.50 Watercolour Challenge
8.55 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering
12.00 NOON Watercolour Challenge Double bill.
1.00 PM Tales of the...
2.00 Lenny Henry's Got the Blues
3.00 Discovering
4.00 Comedy Legends
5.00 Portrait Artist 2021
6.00 Tales of the Unexpected
7.00 Alfred Hitchcock Hour
8.00 André Rieu & Friends: Live in Maastricht VII A 2013 instalment of the violinist's concert series.
11.15 Classic FM Live: Hall of Fame 2023
1.15 AM National Theatre Live: Frankenstein
3.20 Arts Uncovered
3.30 Sky Arts Book Club
4.30 Auction: Shakespeare Special
5.00 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Bondi Rescue
10.00 Highway Patrol
11.00 Nothing to Declare
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Bondi Rescue
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 20/26. (S7)
5.00 Stargate SG-1 (S1)
6.00 Stargate Atlantis (S2)
7.00 Star Trek: Voyager One: 25/26. Seven of Nine experiences human weakness. (S4)
8.00 Hawaii Five-0 (S8)
9.00 SEAL Team (S4)
11.00 Britain's Most Evil Killers The case of murderer Billy Dunlop.
12.00 MT Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Frontline Crime UK Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Cops

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
7.40 Buying the View
8.10 Amy Childs: Twin Life
9.10 Gary Barlow's Wine Tour: South Africa
10.10 Buying and Selling
11.10 The Real Housewives of Beverly Hills
12.05 PM The Family Diaries
1.05 The Only Way Is Essex
2.05 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Beverly Hills
5.00 The Real Housewives of Atlanta Reality series.
6.00 Buying and Selling
7.00 Fletchers' Family Farm
8.00 Dinner Date
9.00 The Real Housewives of Cheshire New edition
10.00 The Real Housewives of Orange County
11.00 Botched Medical series.
11.55 The Only Way Is Essex
12.55 AM Buying the View
1.20 to 1.30 AM Unwind
+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 20/22. (S3)
11.00 Sue Thomas: F.B.Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 3/8. (S1)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 1-4/24. (S3)
9.00 Randall and Hopkirk (Deceased) Just for the Record: 6/26. Jeff and Jeannie escort two beauty queens. (S1)
10.00 The Avengers You Have Just Been Murdered: 21/24. Steed and Mrs Peel try to track down an assassin. (S5)
11.00 The Persuaders! (S1)
12.00 MT M*A*S*H (S3)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra
+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Minder
7.00 The Sweeney
8.05 Robin of Sherwood
9.15 Magnum, PI
10.20 Kojak
11.25 **BattleBots** *New edition*
Monsoon returns to the BattleBox from the UK.
12.30 PM Robin of Sherwood
1.35 Magnum, PI
2.40 Kojak
3.45 Minder
4.50 The Sweeney
5.55 The Chase Celebrity Special



8.00 The Motorbike Show

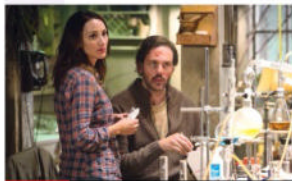
- 7.00 **Cycling: Paris-Nice Highlights** Action from the second stage, a 183.9km route from Montesson to Bellegarde.
8.00 **The Motorbike Show** Henry Cole is in Somerset riding a Honda Goldwing, and he drops in on the Haynes motor museum.
9.00 **FILM Bullitt** Action thriller starring Steve McQueen as a San Francisco detective hunting the killer of an important witness. With Jacqueline Bisset and Robert Vaughn. (1968, 15, 109min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Auf Wiedersehen, Pet** 2/13. Oz uses his head to get Dennis out of trouble.
12.25 AM 3/13. Work at Thornley Manor begins. (S2)
1.25 **Two and a Half Men** (S1)
2.15 The Protectors
2.45 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
8.00 Teleshopping
11.00 **Star Trek: The Next Generation** 11/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space...**
2.00 **Warehouse 13** 7/20. (S4)
3.00 **Stargate SG-1** 19/20. (S9)
4.00 **Star Trek: Voyager** 9/26. (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 11/26. Data learns about emotions in the run-up to the wedding of transporter chief Miles O'Brien. (S4)



9.00 Grimm

- 7.00 **Warehouse 13** *Endless Wonder*: 7/20. Myka and Pete investigate a new drug that can make people taller. (S4)
8.00 **Stargate SG-1** *Crusade*: 19/20. Vala contacts Stargate Command with startling news. (S9)
9.00 **Grimm** *PTZD*: 2/22. Hank, Monroe, Rosalee and Juliette track down Nick, but he seems trapped in a zombie state. (S3)
10.00 **The Walking Dead** *Claimed*: 11/16. Carl and Michonne go on a supply run together while Rick recuperates. (S4)
11.00 **SurrealEstate** 7/10. Luke helps a client confront the monster under his childhood bed.
12.00 MT 8/10. Luke reconnects with his estranged mother as Zoey investigates Susan's disappearance. (S2)
1.00 AM **True Blood** 5/8/12. (S2)
2.50 **Train** 1/12. Adventure. (S1)
4.00 to 6.00 AM Most Haunted

+1 hr 241/269 320/362 130

U&Alibi

109/110 809 114 343 358

- 7.15 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 15/16. (S4)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11 & 12)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 15/16. As St John's celebrates Mardi Gras, Charlie and Rex investigate a targeted killing spree. (S4)
6.00 **Father Brown** *The Quill of Osric*: A novelist is attacked at a crime-writing festival.



8.00 White Collar

- 7.00 **The Mentalist** *Little Red Corvette*: 12/22. The team go in search of a missing child. (S5)
8.00 **White Collar** *Controlling Interest*: 4/13. Neal investigates a psychiatrist suspected of orchestrating a series of robberies. (S5)
9.00 **Death in Paradise** *Missing a Body?* 4/8. A woman confesses to shooting her husband. With Miranda Raison. (S1)
10.00 **Father Brown** *The Labyrinth of the Minotaur*: The priest is asked to look after Lady Felicia's wayward niece Buntly.
11.00 **The Mentalist** As 7.00pm.
12.00 MT **White Collar** As 8.00pm.
1.00 AM **Elementary** 11/24. A body is found in the laundry of a high-end hotel. (S1)
1.55 **So Help Me Todd** 10/10. (S2)
2.45 to 4.00 AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.00 AM **Highlights**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.35 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**



9.00 Gavin & Stacey

- 7.00 **Only Fools and Horses** Del Boy gets the gambling habit.
7.35 **Dad's Army** The platoon defend headquarters in an exercise against members of the Highland Regiment.
8.20 An invasion alert throws the would-be heroes into a panic.
9.00 **Gavin & Stacey** Bryn tries to organise a surprise party for Gwen's birthday.
9.35 The newlyweds start leading separate lives back in their home town.
10.15 **The Fast Show** Eras Video introduces its latest film releases.
10.55 **Paul Whitehouse's Sketch Show Years** Paul's retrospective ends with the new millennium.
11.35 **Inside No 9**
12.15 **AM Here We Go**
12.55 **Gavin & Stacey** As 9.00pm.
2.15 **The Fast Show** As 10.15pm.
2.45 to 4.00 AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM **Anthony Bourdain: Parts Unknown** Exploring the history and cuisine of Shanghai.
8.00 **The Force: Behind the Line**
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Toy Stories**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate British markets.
6.00 **Rick Stein's Road to Mexico** The seafood chef continues down the Californian coastline, travelling from LA to San Diego.



9.00 Modern Life is Goodish

- 7.00 **Would I Lie to You?** With Ben Miller, Henning Wehn, Doon Mackichan and Alex Brooker.
7.40 **Richard Osman's House of Games** With Nina Conti and Toby Tarrant.
8.20 With Jessie Cave, Ayesha Hazarika, Simon Hickson and AJ Pritchard.
9.00 **Dave Gorman: Modern Life is Goodish Series finale** 3/3. The comedian discusses AI. Entire series on U
10.00 **Alan Davies: As Yet Untitled** With guests Jason Byrne, Fatiha El Ghorri, Helen Bauer and Alex Jones.
11.00 **Taskmaster** Mel Giedroyc destroys a mannequin.
12.00 **M'T Mock the Week** With Maisie Adam, Rhys James, Milton Jones and Glenn Moore.
12.40 **AM Would I Lie to You?**
2.00 to 4.00 AM **Richard Ayoade's Question Team**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** Revisited
7.00 **A Place in the Sun**
7.45 **The Great Pottery Throw Down** 10/10. Siobhan McSweeney hosts this year's final.
9.00 **Gogglebox** Opinions on *Britain's Got Talent*, *Celebrity Hunted* and *Coronation Street*.
10.00 **Top Guns: Inside the RAF** The RAF struggle to keep a new jet under wraps from aviation fans.
11.00 **Super Surgeons: A Chance at Life**
12.05 AM **999: On the Front Line** Medical series.
1.05 **Celebrity Gogglebox**
2.10 **24 Hours in A&E**
3.15 **Gogglebox**
4.10 to 4.40 AM **Jamie's One-Pan Wonders**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM **Entertainment News**
9.10 **NCIS** 4-6/24. (S12)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *No Good Deed*: 20/24. DiNozzo has to work with Zoe on a case.
7.00 **Lost in Translation**: 21/24. The death of a Marine in Washington, DC takes Gibbs and Bishop to Afghanistan.
8.00 **Troll**: 22/24. The death of a Naval intelligence ensign is linked to a conspiracy involving terrorist recruitment. (S12)
9.00 **New episode Heartless**: 8/10. The team look for a motive behind the death of a heart surgeon. (S21)
10.00 **Law & Order: Special Victims Unit** (S16&15)
1.50 AM **Blue Bloods** (S6)
2.45 **The Good Wife** (S1)
3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
12.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
New edition A serial scammer attempts to make identical travel insurance claims.
6.00 **Home and Away**
7.00 **GP's: Behind Closed Doors** Medical series.
8.00 **Casualty** 24/7: Every Second Counts
9.00 **Ambulance: Code Red** Paramedics rush a man to hospital after a grisly circular saw incident.
10.00 **Call the Bailiffs: Time to Pay Up** Documentary.
11.00 **Skin A&E**
12.00 MT **A&E After Dark**
1.00 AM **Dexter** 7/8/12. (S3)
3.10 to 4.00 AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Entertainment News**
9.15 **Car Pound Cops**
9.40 **Outback Truckers**
10.40 **Traffic Cops**
11.40 **Police Interceptors**
12.45 PM **FILM The Great Sioux Uprising** Western. (1953, U, 80min) ★★
2.25 **FILM The Kid from Texas** Western drama. (1949, U, 78min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **FILM To End All Wars** Wartime drama starring Robert Carlyle. (2002, 15, 112min) ★★★★★
11.25 **Extreme Tow Truckers**
12.25 AM **Ice Cold Catch**
1.20 **Police Interceptors**
2.25 **Trucking Hell**
3.25 **Car Pound Cops**
3.50 to 4.00 AM **Entertainment News**

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef USA**
New edition The top six arrive at Gordon's LA rooftop restaurant, where they are split into teams.
8.00 **Cops on the Rock** A man fails a breathalyser after crashing his moped.
9.00 **Brit Cops Down Under** Seven UK police officers move across the world to become Western Australian cops.
10.00 **Ambulance Australia**
11.00 **Bradford on Duty**
12.20 AM **Inside the Ambulance**
12.50 **Wedding Valley**
1.50 to 3.00 AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *Fall from Grace*: 1/4. A former boyfriend of Kristin's dies while skydiving. (S4)
10.00 **New Tricks** *The Girl Who Lived*: A retired detective from Glasgow assists the team.
11.20 **Bergerac**
12.25 AM **Lovejoy**
2.40 to 4.00 AM **Classic Holby City**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Celebrity Fantasy**
Homes Brendan Cole searches for a property.
- 7.00 **Teleshopping**
- 8.00 **Salvage Hunters**
- 10.00 **Money for Nothing**
- 12.00 **NOON Escape to the Country** Double bill.
- 2.00 PM **Antiques Road Trip**
- 5.00 **Celebrity Yorkshire Auction House**
- 7.00 **Antiques Road Trip**
- 9.00 **The Yorkshire Auction House** **New edition**
Angus Ashworth and his team perform house clearances.
- 10.00 Childhood toys and a coin collection need to be sold to pay for a widow's home costs.
- 11.00 A widow returns from Italy, bringing with her Soviet propaganda.
- 12.00 **MT Help! My House Is Haunted** Double bill.
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Salvage Hunters**

DMAX

159 169 39 147

- 6.00 AM **Alaska: The Last Frontier** Double bill.
- 8.00 **Outback Opal Hunters**
- 9.00 **Deadliest Catch**
- 11.00 **Alaska: Homestead Rescue** Double bill.
- 1.00 PM **Aussie Gold Hunters**
- 3.00 **Outback Crystal Hunters** Double bill.
- 5.00 **Alaskan Bush People**
- 7.00 **Deadliest Catch** Josh and Casey approach the ice edge while braving an Aleutian storm.
- 8.00 **The Cornelia Marie** crashes into the ice pack, and seabirds bombard the *Saga*.
- 9.00 **Naked and Afraid XL** Gwen and Sarah lead the charge to build a snowbowl in the bush.
- 10.00 **Naked and Afraid**
- 12.00 **MT Naked and Afraid XL** Double bill.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Building Alaska**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **Building Alaska**
- 8.00 **A Place in the Sun**
- 10.00 **Escape to the Country**
- 12.00 **NOON My Lottery Dream Home International**
- 2.00 PM **A Place in the Sun**
- 3.00 **Escape to the Country**
- 5.00 **A Place in the Sun**
- 8.00 **The Great Interior Design Challenge**
- 9.00 **Unsellable Houses** **New edition**
Lyndsay Davis and Leslie Lamb update a 1970s ramblar into the perfect home.
- 10.00 **Celebrity IOU** **New edition**
Regina Hall gives back to one of the closest people in her life.
- 11.00 **Flip or Flop** Double bill.
- 12.00 **MT Good Bones**
- 1.00 AM **Building Alaska**
- 2.00 **Home Town**
- 3.00 to 4.00 AM **My Lottery Dream Home International**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Chase**
- 10.00 **The Bidding Room**
- 11.00 **Play Your Cards Right**
- 12.00 **NOON Tenable**
- 1.00 PM **Family Fortunes**
- 3.00 **Catchphrase**
- 4.00 **Blockbusters**
- 5.00 **The Crystal Maze**
Game show hosted by Richard O'Brien.
- 6.00 **The Bidding Room**
Items include a selection of Hornby model railway equipment.
- 7.00 **Tenable** Warwick Davis hosts as five old school friends answer questions about top 10 lists.
- 8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
- 10.00 **Tenable** As 7.00pm.
- 11.00 **Bullseye** Double bill of the darts-based quiz.
- 12.00 **MT Weakest Link**
- 1.00 AM **The Crystal Maze**
- 2.00 **The Chase** Double bill.
- 4.00 **Tenable** As 7.00pm.
- 5.00 to 6.00 AM **Bullseye**

Food Network

140/141 190 43 148

- 6.00 AM **Roux Down the River** From Southend.
- 7.00 **The Pioneer Woman**
- 9.00 **Jamie Oliver: Together**
- 11.00 **Great British Bake Off**
- 12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
- 1.00 **Roux Back Down the River** From Battersea.
- 2.00 **Michel Roux's French Country Cooking**
- 3.00 **The Pioneer Woman**
- 5.00 **Jamie Oliver: Together**
- 7.00 **Great British Bake Off**
- 8.30 **Paul Hollywood: City Bakes** The baker meets Mette Blomsterberg.
- 9.00 **Roux Back Down the River** From Battersea.
- 10.00 **Rick Stein's Seafood Odyssey** Double bill.
- 11.00 **Diners, Drive-Ins and Dives** Four editions.
- 1.00 AM **Man v Food** with Casey Webb
- 2.00 to 3.00 AM **Guy's Grocery Games**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Extreme Couponing**
- 8.00 **Flip or Flop**
- 9.00 **Say Yes to the Dress** with Tan France
- 11.00 **My 600lb Life**
- 12.00 **NOON Dr Pimple Popper** Medical series.
- 1.00 PM **sMothered**
- 2.00 **Return to Amish**
- 3.00 **Outdaughtered: Busby Quints**
- 5.00 **My 600lb Life**
- 6.00 **Dr Pimple Popper**
- 7.00 **7 Little Johnstons**
- 8.00 **The Family Chantel**
- 9.00 **Baylen Out Loud** **New edition**
Colin works on rebuilding trust.
- 10.00 **I Am Shauna Rae**
- 11.00 **Sex Sent Me to the ER**
- 12.00 **MT Body Bizarre**
- 1.00 AM **Extreme Couponing**
- 2.00 **I Am Shauna Rae**
- 3.00 **Sex Sent Me to the ER**
- 4.00 **The Family Chantel**
- 5.00 to 6.00 AM **Extreme Couponing**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM **Wild West Chronicles** Western.
- 8.40 **Wanted: Dead or Alive**
- 9.10 **FILM Robbers' Roost** Western. (1955, U) ★★
- 11.00 **The High Chaparral**
- 12.00 **NOON Wanted: Dead or Alive** Double bill.
- 1.00 PM **FILM Any Gun Can Play** Spaghetti Western. (1967, 12, 98min) ★★
- 3.10 **FILM The Lone Gun** Western adventure. (1954, U, 78min) ★★
- 4.50 **Wanted: Dead or Alive**
- 7.00 **The High Chaparral**
- 8.00 **The Avengers**
- 9.00 **FILM American Siege** Thriller with Bruce Willis. (2021, 15, 91min) ★★
- 11.00 **FILM Brothers in Arms** Crime action thriller. (2018, 15, 99min) ★★★
- 1.10 AM **FILM NYC: Tornado** Terror Disaster drama. (2008, PG, 90min) ★★
- 3.10 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 8.00 AM **Walker, Texas Ranger** 15/26. (S3)
- 9.00 **Six Million Dollar Man**
- 10.00 **T.J. Hooker** 12/23. (S4)
- 11.00 **FILM Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
- 1.00 PM **The Gambler III: The Legend Continues**
- 5.00 **Star Trek** 9/26. (S2)
- 6.00 **T.J. Hooker** 13/23. (S4)
- 7.00 **Six Million Dollar Man**
- 8.00 **Walker, Texas Ranger**
- 9.00 **FILM Rules of Engagement** Thriller with Tommy Lee Jones and Samuel L. Jackson. (2000, 15, 128min) ★★
- 11.30 **FILM The Legend of the 7 Golden Vampires** Martial arts horror. (1974, 15, 89min) ★★
- 1.15 AM **FILM Blood from the Mummy's Tomb** Horror with Andrew Keir. (1971, 15, 87min) ★★★
- 3.10 to 5.00 AM **FILM Iron Sky: The Coming Race** Fantasy. (2019, 15) ★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Most Ridiculous**
- 9.00 **Guessable?**
- 10.00 **Home Improvement**
- 12.00 **NOON Last Man Standing** 6&7/22. (S3)
- 1.00 PM **Becker** 24/24. (S2)
- 1.35 **Friends** (S9&10)
- 9.00 **Michael McIntyre: Live & Laughing** Stand-up.
- 10.00 **Utopia** **New episode**
7/8. Tony feels disillusioned by his first 11 months in the job.
- 10.35 **Series finale** 8/8. The staff are distracted by a Mexican-themed anniversary party. (S1)
- 11.10 **Your Face or Mine**
- 12.10 AM **Jack Whitehall Live**
- 1.10 **Whose Line Is It Anyway? USA**
- 2.10 **South Park** (S5)
- 3.10 **Henning Wehn: It'll All Come Out in the Wash**
- 4.05 **Fat Chat** with Desiree Burch Talk show.
- 4.15 to 5.00 AM **Friends**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM Garage Sale Mysteries: A Case of Murder** Crime thriller. (2017, PG, 90min) ★★
- 11.00 **FILM Garage Sale Mysteries: Pandora Box Murders** Drama. (2018, PG, 90min) ★★
- 1.00 PM **FILM Fatal Getaway** Thriller. (2019, PG) ★★
- 2.50 **FILM The Daughter** Stalker Crime thriller. (2020, PG, 86min) ★★
- 5.00 **FILM Lost Letter** Mysteries: The Road Less Travelled Drama. (2018, U, 72min) ★★
- 7.00 **Sue Thomas: F.B. Eye**
- 9.00 **FILM Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★★
- 11.55 **FILM Maid in Manhattan** Comedy. (2002, PG) ★★
- 2.20 AM **Air Rescue**
- 4.00 to 6.00 AM **FILM Famous and Fatal** Thriller. (2019, 12) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Moby Dick**
- 8.00 **FILM Riddles of the Sphinx** Adventure. (2008, 12, 89min) ★★
- 10.00 **Farscape** 17/22. (S2)
- 11.00 **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
- 1.00 PM **FILM Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
- 3.00 **Farscape** 17/22. (S2)
- 4.00 **Star Trek** 17/26. (S2)
- 5.00 **FILM Moby Dick** Thriller. (2010, 12, 87min) ★★
- 7.00 **Farscape** 18/22. (S2)
- 8.00 **Star Trek** 18/26. (S2)
- 9.00 **FILM Gold** Adventure starring Roger Moore and Susannah York. (1974, 12, 124min) ★★
- 11.25 **FILM The Trust** Comedy thriller starring Nicolas Cage and Elijah Wood. (2016, 15, 90min) ★★★
- 1.15 to 3.00 AM **FILM Prey** Horror adventure. (2018, 15, 85min) ★★

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Impractical Jokers**
- 10.00 **Becker** 4&5/24. (S3)
- 11.00 **Friends** 6-9/24. (S7)
- 1.00 PM **Criminally Funny**
- 2.30 **Impractical Jokers**
- 3.00 **Whose Line Is It Anyway? USA**
- 4.00 **Guessable?**
- 5.00 **Becker** 4&5/24. (S3)
- 6.00 **Home Improvement**
- 8.00 **Last Man Standing**
- 9.00 **New Girl** 1/24. First episode of the comedy.
- 9.30 2/24. Jess visits her ex-boyfriend. (S1)
- 10.00 **Friends** (S9&10)
- 1.05 AM **The Ren & Stimpy Show** 8&9/14. (S4)
- 2.05 **Key & Peele**
- 3.00 **Ugly Americans** (S2)
- 3.45 **Rob Beckett's Undeniable**
- 4.30 **Bo Burnham: Words, Words, Words**
- 5.15 to 6.00 AM **Home Improvement**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

GREAT! romance

319 424 52

- 8.10 AM **FILM The Baby Proposal** Comedy. (2019, PG, 89min) ★★
- 10.10 **FILM Love to the Rescue** Romantic drama. (2019, PG, 84min) ★★
- 12.05 PM **FILM A Wish Come True** Romantic drama. (2015, PG, 85min) ★★
- 2.00 **FILM Love by Accident** Drama. (2020, PG) ★★
- 4.00 **FILM Key to Love** Drama. (2023, U, 90min) ★★
- 6.10 **FILM Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
- 8.00 **FILM PREMIERE Zoe's Having a Baby** Comedy. (2023, U, 90min) ★★
- 9.55 **FILM South Beach** Love Romantic comedy. (2021, PG, 83min) ★★
- 11.50 **FILM Love Upstream** Romantic comedy. (2021, PG, 85min) ★★
- 1.50 AM **Highway to Heaven**
- 3.00 to 5.00 AM **FILM Love Hacks** (2022, PG) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Dickinson's Real Deal** From Gainsborough.
- 6.40 **Pawn Stars**
- 7.30 **Container Wars**
- 7.55 **Storage Hunters**
- 8.55 **Hardcore Pawn**
- 10.15 **UFO Hunters**
- 11.10 **Weird or What?**
- 12.10 PM **Weird Britain**
- 1.05 **Mega Disasters**
- 2.05 **Pawn Stars**
- 3.05 **Storage Hunters**
- 4.00 **Ancient Aliens**
- 6.00 **UFO Hunters**
- 7.00 **Evidence of the Unexplained**
- 8.00 **The Proof Is Out There**
- 9.00 **Curse of Skinwalker Ranch** Documentary.
- 10.00 **Beyond Skinwalker Ranch** Documentary.
- 11.00 **Alien Deception: The Biggest Lie in History**
- 12.30 AM **Alien Disclosure Files**
- 1.00 **UFO Hunters**
- 2.00 **Weird or What?**
- 3.00 **Hardcore Pawn**
- 3.25 **Counting Cars**
- 4.10 to 6.00 AM **Ancient...**

Sky Replay

152 156

- 7.00 AM **Sixth Sense** with Colin Fry Double bill.
- 8.00 **Four Weddings**
- 10.00 **Highway Patrol**
- 11.00 **Border Patrol**
- 12.00 **NOON DC's Legends of Tomorrow** 2&3/16. (S1)
- 2.00 PM **Motorway Patrol**
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **Sun, Sea and A&E**
- 6.00 **Highway Cops**
- 7.00 **MacGyver** (S5)
- 9.00 **Send in the Dogs**
- 11.00 **Road Wars**
- 12.00 **MT The Russell Howard Hour**
- 1.00 AM **A League of Their Own** Road Trip: Dingle to Dover 1/6. Jamie and Andrew compete at the Irish National Ploughing Championships.
- 2.00 **The Overlap on Tour**
- 3.00 **Duck Quacks Don't Echo** With Aisling Bea.
- 4.00 **Four Weddings**
- 5.00 to 6.00 AM **Sixth Sense** with Colin Fry

Rewind TV

182 95

- 6.00 AM **Highlights**
- 8.30 **Huckleberry Finn**
- 9.00 **Stereo Underground**
- 10.00 **The Monkees** (S1)
- 10.30 **Watching 2/8.** (S2)
- 11.00 **Diff'rent Strokes** (S1)
- 11.30 **Bewitched** 10/36. (S1)
- 12.00 **NOON Dick Turpin** (S2)
- 1.00 PM **Jason King** (S1)
- 2.00 **The Prisoner** 13/17. (S1)
- 3.00 **Clive James in Japan**
- 4.00 **Stereo Underground**
- 5.00 **Diff'rent Strokes** (S1)
- 5.30 **Watching 2/8.** (S2)
- 6.00 **Bewitched** 10/36. (S1)
- 6.30 **The Monkees** (S1)
- 7.00 **Fantasy Island** (S1)
- 8.00 **The Prisoner** 13/17. (S1)
- 9.00 **Jason King** 13/26. (S1)
- 10.00 **Married... with Children**
- 10.30 **Drop the Dead Donkey**
- 11.00 **The Mrs Merton Show**
- 11.35 **Hammer House of Horror** 4/13. (S1)
- 12.35 AM **Clive James in Japan**
- 1.35 **That's My Dog**
- 2.00 **Monkey** 21/26. (S1)
- 3.00 to 6.00 AM **Highlights**

5SELECT

153 138 46 133

- 9.00 AM **World's Most Scenic Railway Journeys**
- 10.00 **Dorset: Country and Coast** Exploring the beauty of the county.
- 11.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 1.00 PM **The Yorkshire Vet**
- 3.00 **Murder, She Wrote**
- 4.00 **Columbo**
- 5.30 **Walking Tudor Britain**
- 6.00 **World's Most Scenic Railway Journeys**
- 7.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 9.00 **Susan Calman's Grand Day Out** The landscapes of the Irish coast.
- 10.00 **Holidaying with Jane McDonald: Florida** The singer heads to the Florida Keys.
- 11.00 **Prisoner: Cell Block H**
- 1.00 AM **Bargain-Loving Brits in the Sun**
- 3.00 **Cruising with Jane McDonald** In Vietnam.
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **Daria** 13/13. (S2)
- 6.20 **16 and Pregnant**
- 7.10 **Teen Mom OG**
- 9.00 **Teen Mom 2**
- 11.00 **Catfish: The TV Show**
- 1.00 PM **Catfish: The TV Show** Six editions.
- 7.00 **Teen Mom: The Next Chapter** The mums celebrate at Jade and Sean's wedding.
- 8.00 **Leah Shirley** starts therapy to address trauma from Amber.
- 9.00 **True Life Crime UK** The case of Conner Marshall, who was found badly beaten near a beach in south Wales.
- 10.00 **Skin A&E**
- 11.00 **Ink Master**
- 12.00 **MT Ridiculousness** **New edition**
Rob, Steelo and Carly slam shots in 'drinking with fire'.
- 12.30 AM **Ridiculousness**
- 1.00 AM **Ink Master**
- 2.45 **Ex on the Beach**
- 3.35 to 4.00 AM **Teen Crips**

Discovery

125/126 823 177 320 325

- 6.00** AM **How It's Made: Dream Cars** The Alfa Romeo 4C.
- 7.00** **Treehouse Masters**
- 9.00** **Kindig Customs**
- 11.00** **Wheeler Dealers**
- 1.00** PM **Alaska: Homestead Rescue** Double bill.
- 3.00** **Gold Rush: Parker's Trail** Parker comes face-to-face with a pack of wild jaguars.
- 4.00** Parker discovers ground in Peixoto richer than anything he's mined before.
- 5.00** **Deadliest Catch** A new generation braves the sea.

**10.00** Texas Metal

Animal Planet

162/175 178

- 8.00** AM **Tanked** A reptile mansion.
- 9.00** **Pit Bulls & Parolees**
- 10.00** **My Cat from Hell**
- 11.00** **Animal Cops Philadelphia**
- 12.00** NOON **Tanked**
- 1.00** PM **Pit Bulls & Parolees**
- 2.00** **Legends of the Wild**
- 4.00** **My Cat from Hell** A cat that is scared of its own tail.
- 5.00** **Animal Cops Philadelphia** Starving horses are found at a farm in northern Pennsylvania.
- 6.00** **Tanked** The CEO of a family-owned winery wants a reef tank for his living room.

**8.00** Fish or Die

Nat Geographic

129/130 825 183

- 8.00** AM **Food Factory**
- 9.00** **Air Crash Investigation**
- 10.00** **Mysterious Islands**
- 11.00** **Nazi Megastructures: Battle Ready** The German air force.
- 12.00** NOON **Car S.O.S**
- 1.00** PM **Colossal Machines**
- 2.00** **Air Crash Investigation**
- 3.00** **Drain the Oceans**
- 4.00** **Nazi Megastructures**
- 5.00** **Car S.O.S** Fuzz and Tim pick up a 1978 JCB digger belonging to a former carpenter.
- 6.00** The boys restore a 1972 Ford Escort Mexico.

**10.00** Hitler's Last Stand

Sky History

123/124 821 131 353 368

- 6.00** AM **American Pickers**
- 6.50** **River Hunters**
- 7.45** **Flipping Bangers**
- 8.45** **Forged in Fire Tournament of Champions** The Hooded Katar.
- 9.35** **Auction Kings**
- 10.05** **Storage Wars** Four editions.
- 12.00** NOON **Mountain Men**
- 1.00** PM **Flipping Bangers**
- 2.00** **Battle 360** Double bill.
- 4.00** **Digging for Britain: Iron Age Revealed**
- 5.00** **Pawn Stars** A Super Bowl bucket hat lands at the shop.
- 6.00** **American Pickers**

**9.00** Ramses the Great

U&Yesterday

155 846 129 27 159

- 6.10** AM **Antiques Roadshow**
- 8.00** **World War Weird**
- 9.00** **WW2: Frontlines**
- 10.00** **Secrets of the London Underground** Double bill.
- 12.00** NOON **Mediterranean with Simon Reeve**
- 1.00** PM **Antiques Roadshow**
- 2.00** **Bangers & Cash** Double bill.
- 4.00** **World War Weird**
- 5.00** **WW2: Frontlines** Focusing on the Battle of Anzio in 1944.
- 6.00** **Antiques Roadshow** Fiona Bruce presents from Osborne House on the Isle of Wight.

**8.00** Return to Cornwall

7.00 **Salvage Hunters** Drew hopes to find desirable collectibles during his visit to an imposing gothic castle in Ireland.

8.00 **Kindig Customs** The shop is gearing up for the SEMA Show in Las Vegas, and Dave is bringing seven cars to the show.

9.00 **Mega Shippers** It's a race against time as six container cranes have to be loaded. Plus, a ferry is in urgent need of repair.

10.00 **Texas Metal** **New edition** Bill and his team fabricate a custom hot rod wrecker truck unlike any other.

11.00 **Expedition Bigfoot** The team discover tree structures on different sides of a mountain.

12.00 **M.T. Mountain Monsters** Perry County residents report a grassman seen in the woods.

1.00 AM **Mega Shippers**

2.00 **Texas Metal** Double bill.

4.00 to **5.00** AM **Moonshiners**

7.00 **Pit Bulls & Parolees** The family reminisce about dogs that hold a special place in their hearts.

8.00 **Fish or Die** Four friends set out to be the first to fish the most remote waters in the world, starting in a Bolivian river.

9.00 **Fish or Die** The guys head deep into Zambia, travelling 400 miles of unpaved roads, crocodiles, hippos and a lack of fuel.

10.00 **Alaska Monsters** Todd devises a trap for a feline who has been reported in Paxson, while Levi triggers the ensnaring device.

11.00 **Celebrity Animal Encounters** With Kate Micucci and Fabio.

11.30 With guests Melissa Joan Hart and Orlando Jones.

12.00 **M.T. Crikey! It's the Irwins**

1.00 AM **Alaska Monsters**

2.00 **My Cat from Hell**

3.00 **Animal Cops Philadelphia**

4.00 to **5.00** AM **Tanked**

7.00 **Air Crash Investigation** When a billionaire and his family die in a seaplane crash, investigators uncover a fatal issue.

8.00 **World War II: Secrets from Above** **New edition** A look back at the battle to destroy the Nazi battleship *Bismarck*.

9.00 **Air Crash Investigation** **New edition** The case of a commuter plane that crashed mere seconds after take-off in 1985.

10.00 **Hitler's Last Stand: Medal of Honor** **New edition** Highlights from the series.

11.00 **Air Crash Investigation**

12.00 AM **Mutant Weather**

1.00 AM **UFOs: Investigating the Unknown** Documentary.

2.00 **Made in a Day**

2.30 **Abandoned** Double bill.

3.20 **Food Factory**

4.10 **Trials of the Wild**

4.35 to **5.00** AM **Secrets of the Zoo: Keeper Tales**

7.00 **Forged in Fire Tournament of Champions** A pair of bladesmiths create the Knightly Poleaxe.

8.00 **UFOs: The Lost Evidence** Whether Earth could have been visited by extra-terrestrials in its ancient past.

9.00 **Ramses the Great: King of Ancient Egypt** **New edition** The childhood years of Egyptian pharaoh Ramses the Great.

10.00 **Secrets in the Ice** **New edition** Visits to the most remote places on the planet to reveal great mysteries frozen in time.

11.00 **The UnXplained with William Shatner** **New edition**

12.00 **M.T. Paranormal: Caught on Camera**

1.00 AM **Flipping Bangers**

2.00 **Ancient Aliens**

3.00 **Kursk: 10 Days That Shaped Putin 2/2** Documentary.

4.00 to **6.00** AM **Storage Wars**

7.00 **Speed with Guy Martin** Guy aims to fly the fastest man-powered aircraft in the world.

8.00 **Simon Reeve's Return to Cornwall** The explorer goes back to the county as the energy and cost-of-living crisis takes its toll.

9.00 **My Kind of Town** Ian Hamilton and his dog Major visit Arbroath.

9.30 Ian and Major head to Stornoway.

10.00 **Bangers & Cash** Derek collects some vintage motorcycles from a garage at the bottom of a garden in the north-east.

11.00 **Find It, Fix It, Flog It** Items include a clay pigeon trap and a searchlight.

12.00 **M.T. Mediterranean with Simon Reeve** The journey concludes in Morocco, Spain, Corsica and the French Riviera.

1.00 to **3.00** AM **Steam Train Britain**

+1 hour 225/226 377

+1 hour 262/275 378

+1 hour 229/230 383

+1 hour 223/224 331

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00** AM **Junkyard Empire**
- 8.00** **American Pickers**
- 9.00** **Aussie Gold Hunters**
- 12.00** NOON **The Repair Shop**
- 3.00** PM **Shed and Buried**
- 4.00** **Find It, Fix It, Flog It**
- 6.00** **The Repair Shop** The team restore a German-English dictionary.
- 7.00** **Reviving an impressive birdcage** with a remarkable backstory.
- 8.00** **Outback Truckers** **New editions** A 30-truck charity hay convoy delivers supplies to drought-stricken King Island.
- 9.00** Mike and Vinnie Elliott embark on a risky cash run to salvage cars.
- 10.00** **Shed and Buried**
- 11.00** **How Do They Do It?**
- 1.00** AM **Junkyard Empire**
- 3.00** **Find It, Fix It, Flog It**
- 4.00** to **5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00** AM **Say Yes to the Dress: UK** Double bill.
- 7.00** **Say Yes to the Dress: Lancashire**
- 8.00** **Say Yes to the Dress: Atlanta** Reality series.
- 9.00** **Say Yes to the Dress**
- 11.00** **Forensic Detectives**
- 12.00** NOON **Betrayed**
- 1.00** PM **On the Case with Paula Zahn**
- 2.00** **Murder on CCTV**
- 3.00** **Judge Rinder's Crime Stories** Documentary.
- 4.00** **American Monster**
- 6.00** **People Magazine Investigates**
- 7.00** **A Killer's Mistake**
- 8.00** **Murder on CCTV**
- 9.00** **On the Case with Paula Zahn** **New editions**
- 11.00** **Murder on CCTV**
- 12.00** **M.T. Faking It: Tears of a Crime** Double bill.
- 2.00** AM **Murder Comes to Town** True-crime.
- 3.00** to **4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00** AM **Judge Judy**
- 1.00** PM **Judge Judy**
- 7.00** **Crimes That Shook Australia** The Queen Street massacre.
- 8.00** **Secrets of a Murder Detective** Steve Keogh and Richard Leonard investigate the murder of Sophie Lionnet.
- 9.00** **NEW SERIES Fatal Attraction** A woman is killed in what looks like a home invasion.
- 10.00** **A Secret to Die For** **New edition** Hidden within a new marriage is a web of deceit and manipulation.
- 11.00** **Prosecuting Evil with Kelly Siegler**
- 12.00** **M.T. Nightmare Next Door** Karin Strom.
- 1.00** AM **Fatal Attraction**
- 2.00** **A Secret to Die For**
- 3.00** **Donal MacIntyre's Murder Files**
- 4.00** to **6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00** AM **48 Hours**
- 11.00** **Medical Detectives**
- 2.00** PM **48 Hours**
- 4.00** **Medical Detectives** The murderers who burned their victim's body to try to cover their crime.
- 4.30** **Handwriting experts** help with a murder case after a mother-of-two vanishes.
- 5.00** The investigation into sexual assaults on four Indiana women.
- 5.30** A professor helps detectives improve the quality of CCTV footage of a woman being shot.
- 6.00** A couple who were murdered during a suspected drug deal.
- 6.30** A series of robberies in Florida leads to murder.
- 7.00** **Judge Judy** Real-life small-claims cases.
- 12.05** AM **Judge Judy**
- 4.45** to **6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00** AM **Highway Patrol**
- 7.00** **The Force: Manchester**
- 8.00** **Road Wars**
- 9.00** **Brit Cops**
- 10.00** **Send in the Dogs**
- 11.00** **Forensics: Catching...**
- 12.00** NOON **How I Caught...**
- 1.00** PM **Killer in My Village**
- 2.00** **Murders That Shocked the Nation** Josef Fritzl.
- 3.00** **Most Evil Killers**
- 5.00** **Forensics: Catching the Killer** True-crime.
- 6.00** **How I Caught the Killer**
- 7.00** **Most Evil Killers**
- 9.00** **I'll Be Gone in the Dark**
- 10.10** **Killer in My Village**
- 11.05** **Forensics: Catching the Killer** True-crime.
- 12.05** AM **World's Most Evil...**
- 1.00** **How I Caught the Killer**
- 2.00** **World's Most Evil Killers** **New edition**
- 3.00** **Snapped** Documentary.
- 4.00** **Send in the Dogs**
- 5.00** to **6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00** AM **Beautiful Serengeti**
- 8.50** **Mafia's Greatest Hits**
- 9.50** **Rum & Revolution: History of Havana**
- 10.50** **Impossible Peace**
- 11.50** **The Dictator's Playbook**
- 1.00** PM **Mafia's Greatest Hits**
- 2.05** **Rum & Revolution: History of Havana**
- 3.05** **Impossible Peace**
- 4.10** **The Dictator's Playbook**
- 5.20** **The US and the Holocaust** Documentary.
- 6.30** **Mafia's Greatest Hits**
- 7.35** **NEW Rum & Revolution: History of Havana** A look back at Havana in the 1950s.
- 8.35** **Impossible Peace** **New edition** When the Great Depression hit, all good candidates for leadership disappeared.
- 9.40** **The Dictator's Playbook**
- 10.55** **Mafia's Greatest Hits**
- 12.00** **M.T. Rum & Revolution: History of Havana**
- 1.00** to **2.00** AM **Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM Richard E Grant's Hotel Secrets Miami's South Beach.
7.00 Discovering: Denzel...
8.00 The Directors
9.00 The 2010s As 6.00pm.
10.00 JFK: Destiny Betrayed
11.00 UFO As shown at 8.00pm.
12.00 NOON Kingdom of Dreams
1.00 PM The Body Next Door
4.00 The Directors
5.00 Discovering: Denzel Washington Profile of the actor.
6.00 The 2010s 4/9. A look back at Barack Obama's presidency.
7.00 We Are Wigan Warriors 1/3. Following the Super League side during the 2024 season.
8.00 UFO 2/4. Elite US Navy pilots encounter an unidentified aerial phenomenon in 2004.
9.00 Six Silent Killings: Ireland's Vanishing Triangle 1&2/2.
11.00 The Inventor: Out for Blood In Silicon Valley Documentary.
1.15 AM Costa Concordia: Chronicle of a Disaster
3.15 Gabon: Earth's Last Chance
5.00 to 6.00 AM Discovering: Denzel Washington

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Murder By Medic
11.00 An Hour to Kill
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Witness to Murder
3.00 Critical Evidence
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 After the First 48
7.00 The First 48
8.00 NEW SERIES Hometown Tragedy Double bill. Crimes that have rocked communities.
9.00 Cops Gone Bad with Will Mellor New edition
10.00 Crimes That Shook Britain
11.00 Homicide Hunter
12.00 MT Very Scary People
2.00 AM Cops Gone Bad with...
3.00 Britain's Darkest Taboos
4.00 Hometown Tragedy
5.00 to 6.00 AM On the Case...
+1hour 256 333

U&Eden

166 176 57 160

- 9.00 AM 999 Rescue Squad
1.00 PM 999 Rescue Squad
5.00 The Bill Carry Your Bags, Sir? A German police officer is escorted around London looking for stolen car engines.
5.30 I Thought You'd Gone: Frazer and Edwards discover there is life after Sun Hill.
6.00 C.A.D.: PC Hollis is organises a blood bank, and WPC Martella is sent to assist at an armed robbery.
6.30 A Day Lost: A nine-year-old boy is reported missing.
7.00 Top of the Pops Triple bill featuring classic chart-toppers.
9.00 Dancing on the Edge 5/5. Stanley plans to help Louis leave the country but finds his efforts hindered when Masterson announces he is offering a substantial reward for the fugitive's capture. (S1)
11.00 The Bill Four episodes.
1.05 AM Top of the Pops
3.00 999 Rescue Squad
5.30 to 6.00 AM The Bill
+1hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Ol Pejeta Diaries
7.00 Monkey Life
8.00 Undiscovered Vistas
9.00 Patagonia
10.00 Guardians of the Wild
11.00 Super Shark Highway
12.00 NOON Mysteries of the Mekong Documentary.
1.00 PM Monkey Life
2.00 Undiscovered Vistas
3.00 Patagonia
4.00 Guardians of the Wild
5.00 Africa's Hidden Kingdoms
6.00 Mysteries of the Mekong
7.00 Monkey Life Double bill.
8.00 Wild Battlegrounds A look at how animals use the terrain that surrounds them to their advantage.
9.00 America's Wild Seasons
10.00 Mysteries of the Mekong
11.00 Africa's Hidden Kingdoms
12.00 MT Super Shark Highway
1.00 AM Into the Wild: India
2.00 Wild Battlegrounds
3.00 America's Wild Seasons
4.00 Undiscovered Vistas
5.00 to 6.00 AM Patagonia

WILD

165 841 182

- 8.00 AM Secrets of the Zoo: North Carolina
9.00 World's Deadliest
10.00 Africa's Hunters
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Deadly Dozen
3.00 Africa's Deadly Kingdoms
4.00 Secrets of the Zoo: Small But Mighty
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo
8.00 Wild India David Attenborough visits the Marusthali.
9.00 Deadly Dozen A look at India's deadliest creatures.
10.00 Alaska: The Next Generation The next generation of Alaskans journey into isolated territories.
11.00 Ice Road Rescue
12.00 MT Monster Fish
1.00 AM Lawless Island
2.00 Yukon Vet
3.00 Secrets of the Zoo: Small But Mighty
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Murder Comes to Town
9.00 I'd Kill for You
11.00 Forbidden: Dying for Love
1.00 PM Caught in the Net
3.00 The Big Swindle
5.00 Evil Stepmothers
7.00 The 1980s: The Deadliest Decade The story of the 1989 murder of rising Hollywood star Rebecca Schaeffer.
8.00 The murder of 31-year-old violinist Helen Mintiks in July 1980.
9.00 Quiet on Set: The Dark Side of Kids TV A former child star reveals how he survived abuse from his acting coach.
10.00 An abuser goes to jail but gets support from some big names in Hollywood.
11.00 Former Nickelodeon stars from the early 2000s discuss the dark side of kids' TV.
12.00 MT People Magazine Investigates Double bill.
2.00 AM Evil Stepmothers
4.00 to 6.00 AM The 1980s: The Deadliest Decade
+1hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 Weeks of War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Digging Up Britain's Past
2.00 Digging for Britain
3.00 Lost Worlds
4.00 Weeks of War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFOs Declassified Unsolved sightings of dark, triangular flying objects.
8.00 Greatest Prison Escapes with Billy Hayes The exploits of British criminal Alfie Hinds.
9.00 The Nostradamus Effect The Book of Revelation.
10.00 History's Greatest Mysteries Exploring the mystery of the Bermuda Triangle.
11.00 Royal Autopsy
12.00 MT Ancient Aliens
2.00 AM Digging for Britain
3.00 Digging Up Britain's Past
4.00 UFOs Declassified
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Inside the Vatican's Vault
8.00 Extreme Engineering
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Cooper's Treasure
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot
8.00 Inside the Vatican's Vault Documentary detailing the procedures involved in the canonisation of Popes John Paul II and John XXIII, as pilgrims arrived to celebrate their investiture as saints.
9.00 Salvage Hunters: Classic Cars Drew Pritchard and Paul Cowland uncover a 1960s MGC, but clash over how to restore it.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM Extreme RVs
7.00 Kindig Customs
8.00 Mega Shippers
9.00 Salvage Hunters: Classic Cars
10.00 Motor Pickers
11.00 Shed and Buried
12.00 NOON Outback Car Hunters
1.00 PM Junkyard Empire
2.00 Wheeler Dealers
3.00 Motor Pickers
4.00 Hyperspeed
5.00 Richard Hammond's Workshop
6.00 Salvage Hunters: Classic Cars
7.00 Shed and Buried
8.00 Richard Hammond's Workshop
9.00 Shed and Buried: Classic Cars In Northamptonshire, Henry and Fuzz dive into an eclectic mix of British and American vehicles.
10.00 Motor Pickers
11.00 Shed and Buried
12.00 MT Richard Hammond's...
1.00 AM Outback Car Hunters
2.00 Iron Resurrection
3.00 Wheeler Dealers
4.00 to 5.00 AM Speed Is the New Black
+1hour 261/272

Sky Cinema Premiere

301 401 501 515

- 6.00 AM Rob Peace As 5.30am.
8.05 Harold and the Purple Crayon
9.40 The Good Half As 6.20pm.
11.25 Blood for Dust As 9.50pm.
1.10 PM Fight or Flight As 8pm.
3.00 Harold and the Purple Crayon Family adventure. (2024, PG, 87min) ★★★
4.35 The Line Drama starring Alex Wolff. (2023, 15, 100min)
6.20 The Good Half Comedy drama starring Nick Jonas. (2023, 15, 96min) ★★★



4.35 The Line

- 8.00 Fight or Flight Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.50 Blood for Dust Action thriller starring Scoot McNairy and Kit Harington. A travelling salesman finds himself on a dangerous path after a chance encounter with a former colleague. (2023, 18, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 Thelma Action comedy. (2024, 12, 98min) ★★★★★
1.25 AM MaXXXine Thriller. (2024, 18, 104min) ★★★
3.20 Black Dog Chinese drama. Subtitled. (2024, 12, 110min)
5.30 to 7.40 AM Rob Peace Chivwetel Ejiofor's drama. (2024, 15, 120min) ★★★

Sky Cinema Drama

310 410 510 524

- 7.15 AM Minyan As 12.05am.
9.25 Goodbye Bafana As 2.15am.
11.30 Charlie Wilson's War Satirical comedy starring Tom Hanks. (2007, 15, 97min) ★★★★★
1.20 PM A Star Is Born Drama with Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
3.45 Defiance World War Two action drama starring Daniel Craig. (2008, 15, 137min) ★★★★★
6.10 Jackie Biopic starring Natalie Portman as Jacqueline Kennedy. (2016, 15, 100min) ★★★★★
8.00 Jarhead Military drama starring Jake Gyllenhaal, Peter Sarsgaard and Jamie Foxx. (2005, 15, 123min) ★★★★★
10.15 Suburbicon Black comedy directed by George Clooney starring Matt Damon. A mild-mannered man must face his demons after a home invasion shakes his neighbourhood. (2017, 15, 105min) ★★★
12.05 AM Minyan Drama starring Samuel H Levine and Ron Rifkin. (2020, 15, 130min) ★★★
2.15 Goodbye Bafana Fact-based drama. (2007, 15, 118min) ★★★
4.25 to 6.15 AM The Integrity of Joseph Chambers Drama. (2022, 15, 96min) ★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM Some Other Woman Thriller. (2023, 15) ★★★
7.40 Zombie Town Horror comedy. (2023, 12, 92min) ★★
9.15 Pixels Comedy. (2015, 12) ★★
11.05 Wonder Woman Fantasy. (2017, 12, 121min) ★★★★★
1.30 PM Justice League Adventure. (2017, 12, 120min) ★★
3.35 The Bikeriders Crime drama. (2023, 15, 116min) ★★★★★
5.35 Fast X Action adventure. (2023, 12, 141min) ★★★★★



10.25 It

- 8.00 Catch Me If You Can Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. In the 1960s, a runaway teenager enjoys a remarkable crime spree, passing himself off as a pilot, a doctor and a lawyer. With Christopher Walken. (2002, 12, 141min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.25 It Adaptation of the Stephen King chiller starring Bill Skarsgård. A group of New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.45 AM Cult Killer Crime thriller. (2024, 15, 105min) ★★★
2.40 Coup! Comedy thriller. (2023, 12, 98min) ★★★★★
4.20 to 6.00 AM One Day as a Lion Action thriller with Scott Caan. (2023, 15, 87min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.05 AM The Frighteners (1996)
9.00 Lovely, Dark, and Deep (2023)
10.35 The First Purge Horror thriller prequel. (2018, 15, 98min) ★★
12.20 PM Minority Report Steven Spielberg's sci-fi thriller. (2002, 12, 145min) ★★★★★
2.50 Zombieland Horror comedy. (2009, 15, 84min) ★★★★★
4.25 Insidious Supernatural thriller. (2010, 15, 103min) ★★★★★
6.20 Gravity Thriller starring Sandra Bullock. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91min) ★★★★★
8.00 The Woman in Black Chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★★
9.45 The Frighteners Horror horror comedy starring Michael J. Fox. (1996, 15, 110min) ★★
11.40 Night Swim Horror with Wyatt Russell. (2024, 15, 98min) ★
1.25 AM Resident Evil: Vendetta Animated sci-fi horror thriller. (2017, 15, 97min) ★★★
3.10 Lovely, Dark, and Deep Horror chiller. (2023, 15, 87min) ★★
4.45 to 6.30 AM Resident Evil: Degeneration Animated sci-fi thriller. (2008, 15, 97min) ★★

Sky Cinema Family

306 406 506 520

- 7.30 AM **A Tiger's Tail** As 12.35am.
Step Dogs As 2.00am.
 10.35 **Ride On** As 3.30am.
 12.50 PM **Muppets from Space**
 2.25 **Ghost Squad** Adventure.
 (2015, PG, 86min) ★★★
 4.00 **Monster Trucks** Fantasy.
 (2016, PG, 104min) ★★★
 5.50 **Charlie and the Chocolate**
Factory Tim Burton's fantasy.
 (2005, PG, 115min) ★★★★★
 7.50 **The Flintstones** Comedy.
 (1994, U, 93min) ★★★



5.50 Charlie and the Chocolate...

The Flintstones

(film started at 7.50pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.25 **The Flintstones in Viva**
Rock Vegas Prehistoric
 comedy prequel starring
 Mark Addy and Stephen
 Baldwin. Fred Flintstone
 and Barney Rubble take
 their girlfriends, Wilma
 and Betty, on a romantic
 weekend to Rock Vegas.
 (2000, PG, 91min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.00 **Muppets from Space**
 Children's sci-fi comedy.
 (1999, U, 85min) ★★
 12.35 AM **A Tiger's Tail** Family
 drama starring Will Spencer.
 (2014, U, 81min) ★★
 2.00 **Step Dogs** Comedy with Joris
 Jarsky. (2013, U, 82min) ★
 3.30 **Ride On** Chinese action
 drama starring Jackie Chan
 and Liu Haocun. Subtitled.
 (2023, PG, 126min) ★★★
 5.40 to 7.10 AM **Ghost Squad**

Sky Cinema Originals

302 402 502 516

- 7.00 AM **The Amazing Maurice**
 Animated family adventure.
 (2022, PG, 93min) ★★★★★
 8.40 **Paws of Fury: The Legend of**
Hank Animated family comedy.
 (2022, PG, 98min) ★★
 10.25 **Blithe Spirit** Comedy with Isla
 Fisher. (2020, 12, 95min) ★★★★★
 12.15 PM **The Independent** (2022)
 2.10 **The Last Rifleman** Drama.
 (2022, 15, 115min) ★★
 4.00 **Lee** Biopic of war photographer
 Lee Miller, starring Kate Winslet.
 (2023, 15, 117min) ★★
 6.00 **Promising Young Woman**
 Thriller starring Carey Mulligan.
 (2020, 15, 113min) ★★★★★
 8.00 **Ferrari** Biopic starring Adam
 Driver as ex-racecar driver Enzo
 Ferrari. (2023, 15, 130min) ★★
 10.15 **The Bricklayer** Thriller starring
 Aaron Eckhart. A former CIA
 agent is reactivated when an
 extortionist targets the agency.
 (2023, 15, 110min) ★★
 12.10 AM **Daddio** Drama starring Sean
 Penn. (2023, 15, 101min) ★★★★★
 1.55 **Aisha** Drama with Letitia Wright.
 (2022, 12, 94min) ★★★★★
 3.35 **The Independent** Drama.
 (2022, 12, 108min) ★★
 5.30 to 7.00 AM **Pil's Adventures**
 Animation. (2021, U, 89min) ★★

Sky Cinema Action

307 407 507 521

- 7.00 AM **Bad Boys II** As 5.30pm.
 9.30 **The Legend of Tarzan** (2016)
 11.25 **Fury** As shown at 4.25am.
 1.40 PM **Baby Driver** As 10.20pm.
 3.35 **The Legend of Tarzan**
 Action adventure starring
 Alexander Skarsgård, Margot
 Robbie and Samuel L. Jackson.
 (2016, 12, 110min) ★★
 5.30 **Bad Boys II** Action comedy
 thriller sequel starring Martin
 Lawrence and Will Smith.
 (2003, 15, 147min) ★★



8.00 Fast & Furious 6

- 8.00 **Fast & Furious 6** Action
 thriller sequel starring Vin
 Diesel, Paul Walker and
 Dwayne Johnson. The
 gang of carjackers come
 out of retirement to stop
 a criminal mastermind
 from constructing a
 superweapon. With
 Michelle Rodriguez
 and Jordana Brewster.
 (2013, 12, 125min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.20 **Baby Driver** Music-
 themed action thriller
 starring Ansel Elgort and
 Kevin Spacey. A young
 getaway driver finds
 himself taking part in a
 heist doomed to fail.
 (2017, 15, 113min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM **R.I.P.D** Action comedy.
 (2013, 12, 96min) ★★
 2.15 **Aquaman and the Lost**
Kingdom Fantasy adventure.
 (2023, 12, 124min) ★★
 4.25 to 6.45 AM **Fury** War drama.
 (2014, 15, 134min) ★★

Sky Cinema Classics

304 404 504 518

- 6.00 AM **Stand by Me** As 1.45pm.
 7.45 **The Man Who Knew Too Much**
 9.50 **Sunset Boulevard** As 2.30am.
 11.50 **Nobody's Fool** Comedy drama.
 (1994, 15, 111min) ★★★★★
 1.45 PM **Stand by Me** Drama.
 (1986, 15, 89min) ★★★★★
 3.25 **A League of Their Own** (1992)
 5.35 **Superman** Sci-fi adventure
 starring Christopher Reeve.
 (1978, PG, 143min) ★★★★★
 8.00 **Superman II** Fantasy adventure
 sequel starring Christopher
 Reeve and Gene Hackman.
 Three villains with Kryptonite
 challenge the Man of Steel.
 (1980, PG, 127min) ★★
 10.10 **Superman III** Fantasy
 adventure sequel starring
 Christopher Reeve and Richard
 Pryor. (1983, PG, 123min) ★★
 12.20 AM **A League of Their Own**
 Comedy drama starring
 Tom Hanks and Geena Davis.
 (1992, PG, 124min) ★★★★★
 2.30 **Sunset Boulevard** Classic
 Hollywood melodrama. (1950,
 b/w, PG, 110min) ★★★★★
 4.30 **Sky Cinema Preview**
 5.30 to 7.40 AM **The Man Who**
Knew Too Much Classic
 Hitchcock suspense drama.
 (1956, PG, 120min) ★★★★★

Sky Cinema Comedy

308 408 508 522

- 6.15 AM **Please Don't Destroy...**
Trainwreck Comedy drama.
 (2015, 15, 124min) ★★
 10.15 **My Big Fat Greek Wedding 2**
 Comedy sequel. (2016, 12) ★
 12.00 NOON **You, Me and Dupree**
 Comedy. (2006, 12) ★★
 2.00 PM **The Holdovers** Comedy
 drama. (2023, 15) ★★★★★
 4.20 **The First Wives Club**
 Comedy. (1996, PG) ★★
 6.15 **Blades of Glory** Comedy.
 (2007, 12, 93min) ★★



6.15 Blades of Glory

- 8.00 **Knocked Up** Romantic
 comedy starring Seth
 Rogen and Katherine
 Heigl. An unemployed
 slacker gets a gorgeous
 TV reporter pregnant
 during a drunken
 one-night stand. With
 Paul Rudd, Leslie Mann
 and Jason Segel. (2007,
 15, 129min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.10 **This Is 40** Judd Apatow's
 comedy starring Leslie
 Mann and Paul Rudd, a
 spin-off from the 2007
 hit film *Knocked Up*.
 (2012, 15, 135min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.25 AM **What Happens Later**
 Romantic comedy with Meg
 Ryan. (2023, 15, 99min) ★★
 2.10 **Please Don't Destroy: The**
Treasure of Foggy Mountain
 Comedy. (2023, 15) ★★
 3.45 **Spoiler Alert** Comedy drama.
 (2022, 15, 112min) ★★
 5.40 to 7.10 AM **Snow Day** Comedy.
 (2000, PG, 89min) ★★

Sky Cinema Animation

305 412 500 514

- 7.25 AM **Two by Two** Animated
 adventure. (2015, U, 85min) ★★
 9.00 **Wallace & Gromit: The Curse**
of the Were-Rabbit Animation.
 (2005, U, 85min) ★★★★★
 10.35 **Kung Fu Panda** Animated
 family comedy adventure.
 (2008, PG, 92min) ★★★★★
 12.25 PM **Kung Fu Panda 2**
 Animated comedy sequel.
 (2011, PG, 90min) ★★★★★
 2.10 **Kung Fu Panda 3** Animated
 comedy adventure sequel.
 (2016, PG, 95min) ★★★★★
 4.00 **The Lego Batman Movie**
 Animated family comedy.
 (2017, U, 104min) ★★★★★
 5.50 **Trolls Band Together** Animated
 musical. (2023, U, 91min) ★★
 7.30 **The Nut Job** Animated family
 comedy. (2014, U, 85min) ★★
 9.05 **10 Lives** Animated comedy.
 (2024, U, 98min) ★★
 10.40 **Spirit: Stallion of the Cimarron**
 Animation. (2002, U) ★★
 12.10 AM **Lego DC Comics Super**
Heroes: The Flash Animation.
 (2018, U, 78min) ★★
 1.35 **Batman Unlimited: Monster**
Mayhem (2015, PG) ★★
 3.00 **Rock Dog** (2016, PG) ★★
 4.35 to 6.15 AM **The Inseparables**
 Animation. (2023, U) ★★

Sky Cinema Thriller

309 409 509 523

- 6.00 AM **Munich** Steven Spielberg's
 controversial political thriller.
 (2005, 15, 164min) ★★★★★
 8.55 **The Island** Sci-fi thriller.
 (2005, 12, 136min) ★★
 11.25 **Split** M. Night Shyamalan's
 thriller. (2016, 15, 117min) ★★
 1.35 PM **Barbarians** Horror thriller.
 (2021, 15, 89min) ★★
 3.15 **Miami Vice** Crime thriller.
 (2006, 15, 133min) ★★★★★
 5.35 **Jack Reacher** Action thriller.
 (2012, 15, 130min) ★★



10.15 Breakdown

- 8.00 **Jack Reacher: Never Go**
Back Action thriller
 sequel starring Tom
 Cruise and Cobie
 Smulders. The vigilante
 tries to save an army
 major who has been
 framed for murder by
 a sinister conspiracy.
 (2016, 12, 118min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.15 **Breakdown** Thriller
 starring Kurt Russell and
 Kathleen Quinlan. A man
 frantically searches for
 his wife when she goes
 missing after seeking help
 following the breakdown
 of their jeep in the desert.
 (1997, 15, 94min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.00 M'T **Chinatown** Crime thriller.
 (1974, 15, 131min) ★★★★★
 2.25 AM **Battle Royale** Japanese
 satirical thriller. Subtitled.
 (2000, 18, 113min) ★★★★★
 4.30 to 6.40 AM **We Own**
the Night Crime drama.
 (2007, 15, 117min) ★★

Movies 24

312 419

- 7.00 AM **Pumpkin Everything**
 Romantic comedy drama.
 (2022, PG, 84min) ★★
 9.00 **Savoring Paris** Romantic
 drama. (2024, PG, 90min) ★★
 11.00 **Sweeter Than Chocolate**
 Comedy. (2023, PG, 84min) ★★
 1.00 PM **A Bridesmaid in Love**
 Comedy. (2022, PG, 87min) ★★
 3.00 **Never Too Late to Celebrate**
 Drama. (2023, PG, 90min) ★★
 5.00 **Aloha Heart** Romantic drama.
 (2023, PG, 90min) ★★
 7.00 **Love Served** Ever Romantic
 drama starring Eva Tavares.
 (2023, PG, 84min) ★★
 9.00 **Branching Out** Drama starring
 Sarah Drew and Cora Bella.
 A single mother putting together
 a family tree decides to track
 down her daughter's biological
 father. (2024, PG, 90min) ★★
 11.00 **A Pinch of Portugal** Romantic
 drama with Heather Hemmens.
 (2023, PG, 84min) ★★
 1.00 AM **You, Me, and that**
Mountain Retreat Romantic
 comedy. (2023, PG, 86min) ★★
 3.00 to 5.00 AM **To Her, With Love**
 Romance with Skye P. Marshall.
 (2022, PG, 84min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
 11.00 AM **Outcast of the Islands**
 Adventure with Trevor Howard.
 (1951, b/w, PG, 102min) ★★
 1.05 PM **Jubal** Western with Glenn
 Ford. (1956, PG, 101min) ★★
 3.10 **Sink the Bismarck!** War drama.
 (1959, b/w, U, 97min) ★★
 5.10 **The Desert Rats** War drama.
 (1953, b/w, U, 88min) ★★★★★
 6.55 **Footloose** Dance drama with
 Kevin Bacon and Lori Singer.
 (1984, 12, 107min) ★★



9.00 Kingsman: The Secret...

- Footloose**
 (film started at 6.55pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00 **Kingsman: The Secret**
Service Action comedy
 based on a comic book,
 starring Colin Firth, Taron
 Egerton, Samuel L.
 Jackson and Mark Strong.
 A streetwise teenager is
 given the opportunity to
 work with a super-secret
 spy organisation. (2015,
 15, 128min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.40 **Patriot Games** Action thriller
 starring Harrison Ford. A retired
 CIA agent becomes the target
 of a vengeful IRA man after
 foiling an assassination
 attempt on a British politician.
 With Anne Archer and Sean
 Bean. (1992, 15, 116min) ★★
 1.55 AM to 3.55 AM **Primal Action**
 thriller starring Nicolas Cage.
 (2019, 15, 97min) ★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00 AM **Look at Life**
 6.10 **Bulldog Drummond's**
Secret Police Mystery drama.
 (1939, b/w, PG, 55min) ★★
 7.15 **Sons of the Sea** Adventure.
 (1939, U, 82min) ★★
 8.50 **Her Favourite Husband**
 Comedy starring Robert Beatty.
 (1950, b/w, PG, 75min) ★★
 10.30 **Who Killed The Cat** Mystery.
 (1966, b/w, U, 86min) ★★
 12.15 PM **Walk East on Beacon!** Spy
 drama. (1952, b/w, U, 98min) ★★
 2.10 **Sitting Bull** (1954, U) ★★
 4.15 **Look at Life**
 4.25 **The Beverly Hillbillies** (S2)
 4.55 **Scotland Yard 4/39** (S1)
 5.30 **Dixon of Dock Green** (S21)
 6.30 **Out of Town**
 7.00 **The Footage Detectives**
 8.00 **Public Eye** 11/13. (S5)
 9.05 **Sea of Sand** War drama.
 (1958, b/w, U, 97min) ★★
 11.05 **Timeslip** Sci-fi action thriller.
 (1955, b/w, 12, 93min) ★★
 12.55 AM **Let No Man Write**
My Epitaph Crime drama.
 (1961, b/w, 18, 105min) ★★
 3.05 **Captain Apache** Revenge
 Western. (1971, 12, 94min) ★★
 4.55 **Stage 7 2/25** (S1)
 5.30 to 6.00 AM
 Dangerous Assignment

Sky Sports Main Event

401 511 501 419 439

6.00 AM Sky Sports News
7.00 Good Morning Sports Fans
10.00 The Football Show
11.00 Ref Watch Refereeing decisions.
12.00 NOON The Football Show
1.00 PM Lunchtime Live
2.00 **LIVE WPL** Mumbai Indians v Gujarat Giants. Coverage of the women's T20 match staged at Brabourne Stadium in Mumbai.
5.30 Sports Centre
6.30 **LIVE MNF** West Ham United v Newcastle United. Coverage of the Premier League match at the London Stadium. The Hammers caused an upset in November's reverse fixture at St James' Park when goals by Tomas Soucek and Aaron Wan-Bissaka gave them a 2-0 away win. Kick-off 8.00pm.
11.00 **LIVE WTA & ATP Tennis** Coverage of the sixth day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California.
1.00 AM **LIVE WTA & ATP Tennis** Further coverage of day six of the Indian Wells Open, a hard-court tournament from Indian Wells Tennis Garden in California.
5.00 to **6.00** AM Sky Sports News

Sky Sports Premier League

402 512 502 420 440

6.00 AM PL Greatest Games
7.00 Premier League Highlights
10.00 The Football Show
11.00 Ref Watch Refereeing decisions.
12.00 NOON The Football Show
1.00 PM Premier League Highlights
2.30 SNF Brentford v Aston Villa.
3.00 Premier League Highlights
5.00 Premier League Best Goals
6.00 PL 100: Jimmy Floyd Hasselbaink Top-flight goals.
6.30 **LIVE MNF** West Ham United v Newcastle United. Coverage of the Premier League match at the London Stadium. The Hammers caused an upset in November's reverse fixture at St James' Park when goals by Tomas Soucek and Aaron Wan-Bissaka gave them a 2-0 away win. Kick-off 8.00pm.
11.00 Gary Neville's Soccerbox
11.30 Premier League Icons
12.00 M'T MNF Hits Action from West Ham United v Newcastle United.
12.30 AM Premier League 100 Club
1.00 PL Retro Chelsea v Man United.
3.00 PL Greatest Games
4.00 Best PL Goals 23/24
5.00 Premier League Best Goals
5.30 to **6.00** AM Premier League 100 Club

Sky Sports Football

403 513 503 421 441

6.00 AM Championship Retro
8.00 EFL Rivalries Archive action.
9.00 Best Moments from the Championship Play-Off Final
9.30 Best Moments from the League 1 & 2 Play-Off Final
10.00 EFL Cup The 2016 final.
11.00 EFL Bristol City v Hull City.
12.00 NOON EFL Highlights
6.30 PM Bundesliga Highlights Show Action from Germany.
7.30 EFL Highlights Derby County v Blackburn Rovers at Pride Park.
7.45 Norwich City v Oxford Utd.
8.00 Action from Plymouth Argyle v Sheffield Wednesday.
8.15 Portsmouth v Leeds United.
8.30 Highlights from Sheffield United v Preston North End.
8.45 EFL Highlights Action from Sunderland v Cardiff City.
9.00 Swansea v Middlesbrough.
9.15 Watford v Millwall.
9.30 West Brom v QPR.
9.45 Bristol City v Hull City.
10.00 Burnley v Luton Town.
10.15 Coventry City v Stoke City.
10.30 Bundesliga Highlights Show
11.30 EFL Greatest Games
12.00 M'T EFL The 2019/20 play-offs.
3.00 AM EFL Greatest Games
4.00 to **6.00** AM Retro League One

Sky Sports Cricket

404 514 504 422 442

6.00 AM WPL Action from India.
7.00 IPL Recent highlights.
8.00 ICC Champions Trophy Cricket
9.00 History of the ICC Champions Trophy Archive action.
10.00 ICC Champions Trophy Cricket
11.00 ICC Men's T20 World Cup
12.00 NOON WPL Highlights.
1.50 PM **LIVE WPL** Mumbai Indians v Gujarat Giants. Coverage of the women's T20 match staged at Brabourne Stadium in Mumbai.
5.30 Best of ICC WT20
6.00 ICC Champions Trophy Cricket Highlights from the final.
7.00 History of the ICC Champions Trophy A look back at previous editions of the tournament.
8.00 WPL Mumbai Indians v Gujarat Giants at Brabourne Stadium.
9.00 ICC Champions Trophy Cricket
10.00 IPL Highlights from Kolkata Knight Riders v Sunrisers Hyderabad in the 2024 final.
11.00 WPL Mumbai Indians v Gujarat Giants at Brabourne Stadium.
12.00 M'T ICC Champions Trophy Cricket Action from the final.
1.00 AM WPL A match replay.
4.40 Ashes Greats Action from 2001.
5.00 to **6.00** AM IPL Highlights

Sky Sports Golf

405 515 505 423 443

6.00 AM The Players Championship Official Film Action from 2024.
7.00 DP World Tour Golf
12.00 NOON PGA Tour Golf
5.30 PM Masterpiece Theatre
5.45 PGA Tour Profiles Sandy Lyle.
6.00 The Players Championship
6.30 DP World Tour Golf Highlights from the Joburg Open.
7.00 PGA Tour Golf Highlights from the Arnold Palmer Invitational.
8.00 Icons Series Golf Action from the event at Robinswood Golf Club in Lam Luk Ka, Thailand.
9.00 PGA Tour Golf Highlights from the Arnold Palmer Invitational.
10.00 DP World Tour Golf The Joburg Open in South Africa.
10.30 The Players Championship
11.00 PGA Tour Golf Highlights from the Arnold Palmer Invitational.
12.00 M'T DP World Tour Golf
12.30 AM Golf Academy
1.00 The Players Championship Official Film Archive action.
5.00 to **6.00** AM Golf Academy

TNT Sports 1

410 870 521 408 430

6.00 AM Premier League
9.00 UEFA Europa League & Conference League Magazine
10.00 Men's Cycling Pro Series
11.00 Cycling Paris-Nice first stage.
12.00 NOON **LIVE Cycling** Coverage of the opening stage of the Tirreno Adriatico, a 9.9km time-trial from Lido di Camaiore, Italy.
3.15 PM **LIVE Cycling** Coverage of the second stage of the Paris-Nice, a 183.9km route.
3.45 Ally's Social Club
4.15 Training Day Nottingham Forest.
4.30 Premier League
7.30 **LIVE Serie A Lazio v Udinese.** The Italian top-flight match at Stadio Olimpico. Kick-off 7.45pm.
9.45 Fight Week UFC 313 review.
10.15 SailGP - Racing on the Edge
10.45 Rio Ferdinand Meets
11.00 **LIVE NBA** New Orleans Pelicans v Los Angeles Clippers. The Western Conference match from Smoothie King Centre. Tip-off 1.30am.
1.30 AM **NBA on Fire** The latest news.
2.00 Serie A Lazio v Udinese.
3.00 Cycling Recent highlights.
5.00 to **6.00** AM Women's One-Day International Cricket

TNT Sports 2

411 871 522 409 431

6.00 AM AFL Another chance to see Brisbane Lions v Geelong Cats.
8.00 AFL Another chance to see Sydney Swans v Hawthorn Hawks.
10.00 Snooker World Grand Prix
12.00 NOON Women's One-Day International Cricket Action from New Zealand v Sri Lanka.
1.00 PM Sign Up - Into Football
1.45 **LIVE Cycling** Coverage from the second stage of the Paris-Nice, a 183.9km route from Montesson to Bellegarde.
3.45 Crouchy and Cole Peter Crouch and Joe Cole visit Lords to try their hand at cricket.
4.00 Snooker World Grand Prix Action from the final staged at Kai Tak Sports Park in Hong Kong.
6.00 **LIVE Ultimate Pool** Group 10 of the Champions League.
9.30 Snooker World Grand Prix The final at Kai Tak Sports Park.
11.30 AFL Another chance to see Brisbane Lions v Geelong Cats.
1.30 AM AFL Another chance to see Sydney Swans v Hawthorn Hawks.
3.30 UEFA Champions League Magazine News and action.
4.00 to **6.00** AM Football Archives: UEFA Champions League

Sky Sports Action

408 517 507 426 446

6.00 AM Super League Highlights
7.00 Fight Night International
8.00 Fight Night Jonas v Price.
9.00 Fight Night International
10.00 Top Rank Boxing Archive
12.00 NOON Super League Highlights Top-flight action.
1.00 PM The Rugby Championship
3.00 Fight Night Jonas v Price.
4.00 Super League Highlights
5.00 Top Rank Boxing Archive Iran Barkley v Roberto Duran in 1989.
6.15 Highlights from Thomas Hearn v Iran Barkley in 1988.
6.30 Super League Another chance to see St Helens v Hull Kingston Rovers at Totally Wicked Stadium.
9.15 Fight Night Another chance to see Natasha Jonas v Lauren Price at Royal Albert Hall in London.
10.15 The Rugby Championship New Zealand v Argentina from 2024 at Sky Stadium in Wellington.
12.15 AM Top Rank Boxing Archive A replay of Floyd Mayweather v Diego Corrales from 2001.
1.15 Iran Barkley v Roberto Duran.
2.30 Super League Highlights
3.15 Top Rank Boxing Archive
4.00 Super League Highlights
5.00 to **6.00** AM Top Rank Boxing Archive

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM Sky Sports News
7.00 Good Morning Sports Fans
10.00 The Football Show
11.00 Ref Watch A look at some of the big decisions from the weekend.
12.00 NOON Lunchtime Live
2.00 PM Sports Desk The latest news with live analysis and comments.
5.00 Sports Centre A round-up of the sports news with analysis and comments, plus extended interviews with headline makers.
6.00 **LIVE WTA & ATP Tennis** Coverage of the sixth day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, featuring third-round matches in the men's and women's singles competitions. Novak Djokovic suffered a shock 6-4, 3-6, 6-3 defeat at the hands of lucky loser Luca Nardi at this stage last year.
1.00 AM **LIVE WTA & ATP Tennis** Further coverage of day six of the Indian Wells Open from Indian Wells Tennis Garden in California.
5.00 to **6.00** AM Sky Sports News

Sky Sports Tennis

407 537 520 425 445

6.00 AM ATP Best of Jack Draper
6.15 Bitesize Tennis San Diego Open.
6.30 WTA Tennis Doha Open final.
7.30 Bitesize Tennis Highlights.
8.00 WTA & ATP Tennis Indian Wells.
12.00 NOON Tie Break Tens
1.00 PM WTA Tennis Doha Open.
1.30 ATP Tour This Week
2.00 WTA & ATP Tennis Indian Wells.
6.00 **LIVE WTA & ATP Tennis** Coverage of the sixth day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden. Novak Djokovic suffered a shock 6-4, 3-6, 6-3 defeat at the hands of lucky loser Luca Nardi at this stage last year.
1.00 AM **LIVE WTA & ATP Tennis** Further coverage of day six of the Indian Wells Open from Indian Wells Tennis Garden in California.
5.00 to **6.00** AM ATP Tennis

TNT Sports 3

413 874 523 410 432

6.00 AM Premiership Rugby Cup
8.00 Serie A Action from Italy.
10.00 Vendee Globe Highlights
11.00 UEFA Europa League & Conference League Magazine
12.00 NOON Premier League Stories
12.30 PM Discovery Golf
1.00 NBA A chance to see Oklahoma City Thunder v Denver Nuggets.
2.30 NBA Another chance to see Dallas Mavericks v Phoenix Suns.
4.00 Serie A Action from Italy.
6.00 Premiership Rugby Cup
8.00 Unbreakable: England 2003
9.15 TNT Sports Cricket Reload
9.30 NBA A chance to see Oklahoma City Thunder v Denver Nuggets.
11.00 NBA Another chance to see Dallas Mavericks v Phoenix Suns.
12.30 AM UFC A chance to see Alex Pereira v Magomed Ankalaev.
3.30 UFC Connected
4.00 UFC Fight Flashback
5.00 Fight Week UFC 313 review.
5.30 to **6.00** AM PL Legends

TNT Sports 4

414 876 524 411 434

6.00 AM Men's Cycling Pro Series
7.00 Cycling Paris-Nice stage one.
8.00 Alpine Skiing Recent action.
10.30 Ski Mountaineering
11.00 Cross Country Skiing
12.30 PM Ski Jumping In Trondheim.
1.30 Biathlon From Nove Mesto.
4.00 Isuzu UTE A-League
9.00 Alpine Skiing Action from the men's Super G in Kranjska Gora.
10.00 Highlights from the men's Super-G event in Kvitfjell, Norway.
10.30 Alpine Skiing Action from run one of the women's slalom in Are.
11.30 Ski Mountaineering Highlights from the sprint race in Morgins.
12.00 M'T Cross Country Skiing Action from the men's mass start 50km freestyle in Trondheim.
1.30 AM Ski Jumping Action from the women's HS138 race in Norway.
2.30 Biathlon From Nove Mesto.
5.00 Formula E Unplugged A look at the climax to the 2023 season.
5.30 to **6.00** AM Formula E Flashback

Premier Sports 1

419 551

6.00 AM LaLiga Specials
7.00 Sporting Greats
7.30 Champions Cup Highlights
8.30 URC in 60 Highlights.
9.30 LaLiga Specials
10.00 Asian Le Mans Series
11.00 Transworld Sport Magazine.
12.00 NOON World Surf League
1.00 PM LaLiga Specials
2.00 LaLiga News
2.30 Indy Autonomous Challenge
3.00 URC in 60 Highlights.
4.00 Asian Le Mans Series
5.00 LaLiga Highlights and features.
7.30 **LIVE LaLiga Espanyol v Girona.** Coverage from Stage Front Stadium. Kick-off 8.00pm.
10.30 Top 14 Rugby Union Highlights
11.00 LaLiga Highlights
12.00 M'T World Surf League
1.00 AM Transworld Sport Magazine.
2.00 Asian Le Mans Series
3.00 URC in 60 Recent action.
4.00 European Le Mans MotorSport
5.00 to **6.00** AM Cape to Cape

Premier Sports 2

420 552

6.00 AM NASCAR Recent action.
10.00 GP Confidential
10.30 Bike World Magazine.
11.00 NHL Ice Hockey Highlights.
1.00 PM United Rugby Championship Sharks v Lions.
3.00 Temples of Sport
3.30 GP Confidential The latest news.
4.00 LaLiga Barcelona v Osasuna.
6.00 Bike World Magazine.
6.30 LaLiga Another chance to see Real Madrid v Rayo Vallecano.
8.30 GP Confidential The latest news.
9.00 NHL Ice Hockey Philadelphia Flyers v New Jersey Devils.
11.00 **LIVE NHL** Ice Hockey Buffalo Sabres v Edmonton Oilers. The inter-conference game at KeyBank Centre. Face-off 11.30pm.
2.00 AM **LIVE NHL** Ice Hockey Utah Hockey Club v Toronto Maple Leafs. Coverage of the inter-conference match staged at Delta Centre. Face-off 3.00am.
5.00 to **6.00** AM NHL: This is Hockey

Sky Sports Mix

416 873 510 429 449

6.00 AM Super League
8.45 Premier League Darts
12.45 PM Ashes Greats Andrew Flintoff.
12.55 WPL Action from UP Warriorz v Royal Challengers Bengaluru.
1.50 **LIVE WPL** Mumbai Indians v Gujarat Giants. Coverage of the women's T20 match staged at Brabourne Stadium in Mumbai.
5.30 Super League Highlights
6.00 Premier League Darts Action from night five at Brighton Centre.
10.00 Super League Highlights
11.00 **LIVE NCAA** Basketball Coverage of the Sun Belt Championship match at Pensacola Bay Centre. Tip-off is at 11.00pm.
1.00 AM Super League
4.00 to **6.00** AM WPL Highlights

Sky Sports F1

406 516 506 424 444

6.00 AM Formula 1 From Australia.
8.00 The F1 Show: Season Preview
9.00 Formula 1 Australian Grand Prix.
1.15 PM Ted Drives: F1 Car
1.30 Seaplanes & Helicopters
1.55 F1 Explained: Marshalls
2.00 Formula 1 Australian Grand Prix.
4.10 F1 Explained: Timings
4.15 F1 & The Silver Bullet
4.30 Formula 1 Australian Grand Prix.
6.30 The F1 Show: Season Preview
7.30 Formula 1 Australian Grand Prix.
10.30 Formula 1 A chance to see the 2022 Australian Grand Prix.
12.45 AM Who is Franco Colapinto?
12.55 F1 Explained: Parc Ferme
1.00 to **6.00** AM The Home of F1

Horse Racing

LIVE!



Cheltenham Festival

ITV1, 12.45pm

Coverage of the annual race meeting, where jockey Rachael Blackmore will have her sights set on Friday's Gold Cup.

Football



LIVE!

Champions League

Prime Video & TNT Sports, k-o 8pm

Tonight's second legs include Liverpool v PSG, and the all-Bundesliga tie between Bayer Leverkusen and Bayern Munich.

Factual



NEW

The Great School Swap: UK to USA

C4, 8pm

Teenagers from London and Arkansas swap schools to see how the others live.

Documentary



NEW

The Eternal Spring: The Heist of China's Airwaves

BBC4, 10pm

This film tells how a group of Chinese activists took over a state-run TV channel.

SKY EVENING TIME 7.00PM 7.30PM 8.00PM 8.30PM 9.00PM 9.30PM 10.00PM 10.30PM

FAVOURITES

101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon	9.00 Waterloo Road	10.00 News; Local News
102 BBC2	7.00 Villages by the...	7.30 Mary Berry's...	8.00 Great British Menu	9.00 QI XL	9.45 David Mitchell's Outsiders
103 ITV1	6.30 News	7.30 Emmerdale	8.00 The Martin Lewis Money Show: Live	9.00 The Bay	10.00 News; Local News
104 CHANNEL 4	7.00 News		8.00 The Great School Swap: UK to USA	9.00 Top Guns: Inside the RAF	10.00 Guy Martin: Top Gun
105 CHANNEL 5	7.00 Charity Scams: Don't Get Caught Out		8.00 Dogs Behaving (Very) Badly	9.00 The Au Pair	10.00 A Killer Makes a Call
106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Wild City	9.00 Film: The Mechanic	

ENTERTAINMENT

115 BBC3	7.00 Dynasties II	8.00 Top Gear	9.00 The Insider: Reggie Yates: A Week...	9.55 Film: Pirates
116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 The Fall and Rise of Reginald Perrin	9.00 Royal History's Biggest Fibs with Lucy...
118 ITV2	7.00 Deal or No Deal	8.00 Ant & Dec's Limitless Win	9.00 Hell's Kitchen	10.00 Plebs
136 MORE4	6.55 Car S.O.S.	7.55 Grand Designs	9.00 PopMaster TV: Grand Final	10.00 Perfect Pub Walks with Bill Bailey
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia	9.00 Love Triangle UK	10.10 Gogglebox
107 SKY WITNESS	7.00 Nothing to Declare	8.00 Matlock		10.00 The Cleaning Lady
108 SKY ATLANTIC	6.50 Six Feet Under	7.55 Game of Thrones	9.00 Mussolini: Son of the Century	10.00 Homicide: Life on the Street
110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army	8.20 Dad's Army: The Lost...	9.00 Gavin & Stacey
111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games	9.00 Have I Got a Bit More News for You	10.00 QI XL
119 ITV3	6.55 Heartbeat	8.00 Vera		10.00 Endeavour
120 ITV4	7.00 Cycling: Paris-Nice Highlights	8.00 Monster Carp	9.00 Giant Lobster Hunters	10.00 Wrestling: AEW Collision
112 COMEDY CENTRAL	7.00 Friends		9.00 Film: Charlie's Angels	
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead
113 SKY MAX	7.00 Stargate SG-1	8.00 Freddie Down Under	9.00 Rob & Romesh vs Ballet	10.00 Never Mind the Buzzcocks
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Death in Paradise	10.00 Father Brown
130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 DH Lawrence: Sex, Exile and Greatness	9.00 National Theatre Live: Frankenstein	
132 U&W	7.00 MasterChef USA	8.00 Brit Cops Down Under	9.00 Border Force: America's Gatekeepers	10.00 First Responders

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Gold Rush	10.00 Harpoon Hunters
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees	8.00 The Zoo		10.00 Alaska Monsters
129 NAT GEO	7.00 Air Crash Investigation	8.00 Nazi Megastructures		10.00 World War II: Secrets from Above
123 SKY HISTORY	7.00 Forged in Fire Tournament of...	8.00 UFOs: The Lost Evidence	9.00 The Proof Is Out There	10.00 Truthseekers
155 U&YESTERDAY	7.00 Speed with Guy Martin	8.00 Bangers & Cash: Restoring Classics	9.00 Bangers & Cash	
121 SKY DOCS	7.00 We are Wigan Warriors	8.00 David Frost Vs	9.00 Natalie Wood: What Remains Behind	

FILMS - Sky Cinema

301 PREMIERE	6.15 Fight or Flight	8.00 Blood for Dust	9.45 MaXXXine
302 ORIGINALS	6.00 Gunpowder Milkshake	8.00 Fight or Flight	10.00 Last Seen Alive
303 HITS	6.00 How to Lose a Guy in 10 Days	8.00 Horrible Bosses	9.55 Snatch
304 CLASSICS	6.20 Wayne's World	8.00 Wayne's World 2	9.55 Twins
305 ANIMATION	7.05 Teenage Mutant Ninja Turtles: Mutant Mayhem	8.50 Extinct	10.25 Rock Dog
306 FAMILY	6.00 IF	7.50 Scooby-Doo	9.25 Scooby-Doo 2: Monsters Unleashed
307 ACTION	6.15 Swordfish	8.00 Wonder Woman	
308 COMEDY	6.15 Game Night	8.00 Big Daddy	9.40 Spoiler Alert
309 THRILLER	5.45 The Sum of All Fears	8.00 The Da Vinci Code	
310 DRAMA	6.20 Miss Potter	8.00 The Blind Side	10.15 The Integrity of Joseph...
311 SCI-FI	6.20 Gothika	8.00 Dune: Part Two	
313 FILM4	6.55 Romancing the Stone	9.00 Kingsman: The Golden Circle	

SPORT

401 MAIN EVENT	6.00 Tennis - Live	7.30 EFL - Live: Sheffield United v Bristol City (Kick-off 8.00)	10.30 Tennis - Live
402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special		10.30 Netbusters
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL - Live: Sheffield United v Bristol City (Kick-off 8.00)	10.30 EFL Cup...
404 CRICKET	7.00 ICC Champions Trophy Cricket	8.00 WPL	9.00 History of the ICC Champions Trophy
410 TNT SPORTS 1	5.00 UEFA Champions League - Live: Barcelona v Benfica (Kick-off 5.45); Bayer Leverkusen v Bayern Munich (Kick-off 8.00)		10.30 UEFA...
411 TNT SPORTS 2	6.45 Sign Up...	7.30 UEFA Champions League - Live: Inter Milan v Feyenoord (Kick-off 8.00)	10.00 PL Netbusters

BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Crimewatch Live **New edition** (S)
11.30 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Clean It, Fix It **New edition**
 Helping a young man who needs a more accessible home. (S)
2.30 Money for Nothing (S)(R)
3.00 Escape to the Country
New edition From Devon. (S)
3.45 Make It at Market **New edition**
 Dom Chinae helps a stone carver and a stained-glass artist. (S)(AD)
4.30 The Finish Line **New edition** (S)
5.15 Pointless Quiz show. (S)(R)
6.00 BBC News (S)
6.30 Local News (S)



9.00 Waterloo Road

- 7.00** The One Show
 Alex Jones and Clara Amfo present the topical show. (S)
7.30 EastEnders
 Tensions between Sharon and Nicola reach breaking point, while Kat's concerns for Tommy lead to a revelation. (S)(AD)

- 8.00** Sort Your Life Out with Stacey Solomon
New edition 5/7. Stacey and the team bring the tranquillity of the countryside into a single mum-of-four's home, giving her a joyous fresh start. (S)(AD)

- 9.00** Waterloo Road
New episode 5/8. Amy witnesses Jared's controlling behaviour towards Libby, while Schuey's relationship with Agnes is under threat from a surprising person. (S15) (S)(AD)
 ■ Entire series on BBC iPlayer

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 **NEW SERIES**
The Hunt for Peter Tobin
 1/2. Documentary exploring the case of the sex offender sentenced to life imprisonment for three murders committed between 1991 and 2006. (S)

- 11.40** The Hunt for Peter Tobin
Series finale 2/2. Once Tobin had been arrested in connection with the murder of Angelika Kluk in Glasgow, detectives began to explore what other dark secrets might lurk in his past. (S)
12.40 AM Weather for the Week Ahead Seven-day forecast. (S)
12.45 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Bargain Hunt (S)(R)
7.15 Antiques Road Trip (S)(R)
8.00 Sign Zone: Agatha Christie: Lucy Worsley on the Mystery Queen (R)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz. (S)(R)
3.15 The Farmers' Country Showdown
3.45 India: Nature's Wonderland (S)(R)
4.45 Designing the Hebrides (S)(R)(AD)
5.15 Flog It! In Wolverhampton. (S)(R)
6.00 Richard Osman's House of Games Des Clarke, Rachel Fairburn, Trevor Nelson and Kimberley Nixon take part. (S)(R)
6.30 Great Continental Railway Journeys **New edition** 2/20.
 Michael Portillo travels from Buzet to the island of Pag. (S)(AD)



9.45 David Mitchell's Outsiders

- 7.00** Villages by the Sea
 Ben Robinson travels to Johnshaven in Scotland. (S)(R)
7.30 Mary Berry's Simple Comforts
 4/6. Mary explores how families use food to create their own sense of home. (S)(R)(AD)

- 8.00** Great British Menu
New edition Four chefs from Northern Ireland compete with canapes, starters and fish dishes inspired by great Britons of the past. Michelin-starred chef Angela Hartnett judges. (S)
 ■ Continues tomorrow

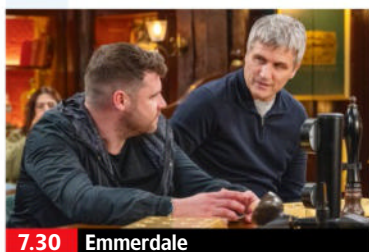
- 9.00** QI XL
 Gyles Brandreth, Judi Love and Kiri Pritchard-McLean join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
9.45 David Mitchell's Outsiders
 6/6. David Mitchell oversees demonstrations of skills in plumbing, painting, and funeral rites in a battle for the winner's trophy. (S)(R)(AD)

- 10.30** Newsnight (S)

- 11.00** Weather (S)
11.05 **FILM** Ali & Ava Romantic drama starring Adeel Akhtar and Claire Rushbrook. A devoted mother and grandmother is offered a lift home by a charismatic man. (S) (2021, 15, 90min) ★★★★★
12.35 AM Sign Zone: Gladiators The opening quarter-final. (S)(R)(AD)
1.35 Sign Zone: This Farming Life (R)
2.35 Sign Zone: Sort Your Life Out with Stacey Solomon (S)(R)(AD)
3.35 to **6.30** AM Previews (S)

ITV1

- 103** **103** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning Celebrity chat, advice and lifestyle features. (S)
12.15 PM ITV News (S)
12.35 Local News (S)
12.45 **LIVE** Racing: Cheltenham Festival Ed Chamberlin presents coverage of day one of the prestigious festival, including feature the 4.00 Unibet Champion Hurdle, plus races at 1.20, 2.00, 2.40, 3.20 and 4.40. With analysis from AP McCoy, Ruby Walsh, Mick Fitzgerald and Megan Nicholls, and commentary from Richard Hoiles. See feature, page 28. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



7.30 Emmerdale

- 7.30** Emmerdale
 Steph makes a horrifying breakthrough, Manpreet is on edge over her blackmailing issue, and Gail makes a discovery about Mary. (S)(AD)

- 8.00** The Martin Lewis Money Show: Live
New edition The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further. (S)

- 9.00** The Bay
Series finale 6/6. When crucial evidence is found, Jenn and the team discover that someone close to Hannah has been withholding information from them. (S5) (S)(AD)
 ■ Entire series on ITVX

- 10.00** ITV News (S)
10.30 Local News (S)

- 10.45** The Undercover Police Scandal: Love and Lies Exposed
 1/3. Five women come together for the first time on camera to share their experiences of being deceived into intimate relationships with undercover police officers. (S)(R)(AD)

- 11.45** The Jonathan Ross Show
 With Warwick Davis, Daisy May Cooper, Jodie Whittaker, Ashley Walters and Nova Twins. (S)(R)
12.50 AM Teleshopping
3.00 Ainsley's National Trust Cook Off
3.50 Unwind with ITV (S)
5.00 to **6.00** AM Alan Titchmarsh's Gardening Club (S)(SL)(R)

- +1 hour** **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **108** **4** **104** **104/106**
- 6.25** AM Cheers 15-18/26. (S4) (S)(R)
8.10 Everybody Loves Raymond (S)(R)
9.10 Frasier 16-19/24. (S10) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Norwalk, Ohio. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun The soft launch of Karen and Phil's bar in Spain becomes stressful. (S)(R)
5.00 Four in a Bed **New edition**
 The rivals stay at Millberry Green Meadows glampsite in Surrey. (S)
5.30 Come Dine with Me **New edition**
 Police officer Claire hosts the second night in Cardiff. (S)
6.00 A Place in the Sun **New edition**
 A search for a holiday home on the Greek island of Lefkada. (S)



LAST ONE

9.00 Top Guns: Inside the RAF

- 7.00** News (S)

- 8.00** **NEW SERIES** The Great School Swap: UK to USA
 Documentary series following two groups of teenagers as they swap schools and exchange lives between multicultural south London and the Arkansas town of Mena. (S)(AD)

- 9.00** Top Guns: Inside the RAF
Series finale 6/6. A pilot flies into the danger zone in his bid to become a weapons instructor and a veteran pilots a Hurricane, known as the RAF's most difficult plane to handle. (S)(AD)
 ■ Entire series on C4 online

- 10.00** Guy Martin: Top Gun
 As Guy sets out to train to fly a classic fighter jet, he builds a jet engine in his shed in a single day to gain an understanding of the technology's original creator, maverick British genius Sir Frank Whittle. (S)(R)

- 11.30** Alone USA **New edition**
 6/11. A lack of food stokes strong desires to go home. (S)
 ■ Entire series on C4 online
12.50 AM Ramsay's Kitchen Nightmares USA (S)(SL)(R)
1.40 Undercover Boss USA (S)(R)
2.30 The Last Leg (S)(SL)(R)
3.20 Travel Man: 48 Hours in Marseilles
3.50 The Great Pottery Throw Down
4.50 Location, Location, Location (R)
5.45 to **6.25** AM Countdown (S)(R)

- +1 hour** **204/208** **304** **15** **121**

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 A patient is concerned about an itchy patch of skin. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM A Town Called Murder
 Thriller starring Kayleigh Ruller. (S) (2023, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun
 Hairdresser and salon owner Dennis has an issue with a leaky water pipe. (S)(R)(AD)
5.00 News (S)
6.00 Eggheads Dicing with Danger take on the quiz experts. (S)(R)
6.25 The Quizstoppers hope to topple the Eggheads. (S)(R)
6.55 News (S)



8.00 Dogs Behaving (Very) Badly

- 7.00 Charity Scams: Don't Get Caught Out**
 Alexis Conran takes on the scammers who target charities and campaigners for good causes. (S)(R)
7.55 News (S)

- 8.00 Dogs Behaving (Very) Badly**
New edition Graeme Hall meets retirees Ken and Chris, whose collie Mollie causes chaos every time their phones ring. (S)

- 9.00 The Au Pair**
New episode 2/4. Following a disturbing incident, Zoe finds herself on the outside of her own family. Meanwhile, Amber begins to question Sandrine's intentions. (S1) (S)
 ■ Continues tomorrow

- 10.00 A Killer Makes a Call**
New edition 4/6. The story of David Browning, a married father of two, who confessed to killing his boss. But, he claimed he was not guilty of murder, on the grounds of diminished responsibility. (S)

- 11.05 Acts of Murder** Three experienced sleuths analyse the crimes of Chris Watts. (S)(R)
12.05 AM Police Interceptors (S)(R)
1.00 PlayOJO Live Casino Show (S)
3.00 Friends (S1) (S)(R)(AD)
3.50 Police Interceptors (S)(R)(AD)
4.40 Wildlife SOS (S)(SL)(R)
5.10 Divine Designs (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S3) (S)(R)
11.00 Planet Shark (S)(R)(AD)
12.00 NOON The Flash (S8) (S)(R)
1.00 PM Hawaii Five-0 (S1) (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons Bart-Mangled Banner: The family are sent to Alcatraz when Bart accidentally moons the American flag. (S)(R)
5.30 Wandering Juvie: Bart is sent to a juvenile detention centre. (S)(R)
6.00 The Office (US) 9/25: Dwight organises a Pennsylvania-Dutch-themed Christmas party. (S)(R)
6.30 10/25: Jim heads to Philadelphia to woo a potential business associate. (S9) (S)(R)



8.00 David Attenborough's Wild...

- 7.00 The Simpsons**
Fraudcast News: Reports of Mr Burns's death provoke a media storm. (S)(R)
7.30 Homer the Whopper: Homer is cast as the lead in a superhero movie penned by Comic Book Guy. (S)(R)

- 8.00 David Attenborough's Wild City**
 2/5. The broadcaster narrates a day in the life of Singapore's urban environments, from a troop of suburban macaques, to a family of otters in Marina Bay. (S)(R)(AD)

- 9.00 FILM The Mechanic**
 Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. A professional assassin goes on a very personal mission to avenge the murder of his friend and mentor. But the situation is complicated when his estranged son turns up wanting a piece of the action. (S) (2011, 15, 93min) ★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

- 11.00 Brassic 4/6:** A stranger breaks into the pub while Vinnie is there. (S2) (S)(R)(AD)
12.00 MT The Force: Manchester
 Two warring parties come to blows on the streets. (S)(R)
1.00 AM Brit Cops: War on Crime
2.00 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S13) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964

7.00-7.30pm River City
12.40am Scotcast 1.10
 Weather for the Week Ahead **1.15-6.00am**
 BBC News

N. IRELAND

Sky 966, Virgin 863, Freesat 966

10.40pm Spotlight 11.10
NEW SERIES The Hunt for Peter Tobin **12.10am**
 The Hunt for Peter Tobin **Series finale 1.10-6.00am**
 BBC News

WALES

Sky 965, Virgin 864, Freesat 965

9.00pm The One That Got Away **New edition**
9.50-10.00pm Blue Planet II: Into the Blue

BBC2

N. IRELAND

Sky 969, Freesat 969

7.00-7.30pm If Walls Could Talk **New edition**
WALES
 Sky 968, Freesat 968

1.45pm First Minister's Questions **2.45** Bridge of Lies **3.30** The Tournament **4.15-4.45** The Farmers' Country Showdown

7.00-7.30 Winterwatch in Wales **New edition 9.00**
 Waterloo Road **New episode 10.00-10.30**
 Rewind: 60 Years of Welsh Pop **11.05** David Mitchell's Outsiders **Series finale 11.50pm-12.35am** QI XL

ITV1

As main ITV1 except:

WALES

10.45-11.45pm Sharp End

S4C

Sky 134, Virgin 164, Freesat 120

6.00am Cyw **12.00noon**
 Newyddion a'r Tywydd **12.05pm** Cais Quinell **12.30** Heno **1.00** Sain Ffagan **1.30** Ffermio **2.00**
 Newyddion a'r Tywydd **2.05** Prynhawn Da **New edition 3.00**
 Newyddion a'r Tywydd **3.05** Y Wal **4.00** Awr Fawr **5.00**
 Stwnsh **6.00** Cegin Bryn: Yn Ffrainc **6.30** Sgorio **6.57**
 Newyddion **7.00** Heno **New edition 7.30**
 Newyddion a'r Tywydd **8.00** Pobol y Cwm **New episode 8.25**
 Rownd a Rownd **New episode 8.55**
 Newyddion a'r Tywydd **9.00** 24 Awr Newyddion Cymru **New edition 9.45**
 Y Byd ar Bedwar **10.15** Jess Davies **10.45-11.50pm** Teulu, Dad a Fi

Tv&Satellite
 week
New issue
on sale
today

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Dynasties II** A rare event pushes a struggling elephant family to their limits.
7.55 The Catch Up
8.00 Top Gear The hosts are given a budget of £5,000 to find a car that can hold its own on a racetrack and handle everyday tasks.
9.00 The Insider: Reggie Yates: A Week in a Toxic Waste Dump 1/3. Reggie heads to Ghana to live on an electronic waste dump.
9.55 FILM Pirates Reggie Yates's comedy starring Elliot Edusah, Jordan Peters and Reda Elazouar. On New Year's Eve 1999, three friends drive through London in a desperate search for tickets to a millennium party. (2021, 15, 80min) ★★
11.10 Famalam 1&2/4. (S2)
11.55 Go Hard or Go Home
12.55 AM Planet Sex with Cara Delevingne
1.40 Top Gear As 8.00pm.
2.40 Press X on the BBC
2.55 to 3.55 AM Boot Dreams: Now or Never

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Handmade Treasures** Masala cauliflower.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Janet and Philip battle the elements to put on a special dinner party.
5.50 Car S.O.S Fuzz Townshend and Tim Shaw restore an ex-rally driver's Mini Cooper.
6.55 Revisiting vehicles from the first four series.
7.55 Grand Designs Presenter Kevin McCloud follows a project near Newbury to construct a modern farmhouse that combines an open-plan party pad with functional spaces below.
9.00 PopMaster TV: Grand Final **Series finale** 9/9. Ken Bruce puts the finalists to the ultimate pop trivia test in the Grand Final.
10.00 Perfect Pub Walks with Bill Bailey 4/4. Bill and Happy Mondays frontman Shaun Ryder head to Somerset to take a stroll through the Avalon Marshes, Chew Valley and Ham Hill.

- 11.05 The Emergency Ward**
12.10 AM 24 Hours in A&E
2.20 Emergency Helicopter Medics A woman is severely injured in a gas explosion.
3.25 to 3.55 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Climbing Great Buildings** Jonathan Foyle and Lucy Creamer scale St Pancras railway station.
7.30 Who Do You Think You Are? USA Actor Laverne Cox pieces together the inspiring life of an ancestor.
8.00 The Fall and Rise of Reginald Perrin Double bill of the classic comedy.
9.00 Royal History's Biggest Fibs with Lucy Worsley: Armada 2/3. How history rewrote the Spanish Armada.
10.00 NEW Storyville: Eternal Spring - The Heist of China's Airwaves
 The aftermath of the Falun Gong's protest against the Chinese government.
11.20 Imagine: Kazuo Ishiguro - Remembering and Forgetting A profile.
12.40 AM The Octopus in My House Documentary.
1.40 Climbing Great Buildings
2.10 Who Do You Think You Are? USA As 7.30pm.
2.40 to 3.40 AM Royal History's Biggest Fibs...

E4

135/136 830 106 13 122

- 6.00 AM Hollyoaks**
6.55 Rude(ish) Tube Shorts
7.00 Kitchen Nightmares USA
8.00 The Goldbergs
9.00 The Big Bang Theory
10.00 Young Sheldon
11.00 Married at First Sight
 Australia Reality series.
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks Leela confides in a therapist about her marriage troubles.
7.30 Married at First Sight
 Australia **New edition**
 It is time for the first dinner party - and it turns out to be an explosive one as hard truths are revealed.
9.00 Love Triangle UK
New edition 2/10. The first wave of couples settle into their new love nests.
10.10 Gogglebox Opinions on shows including *Line of Duty*, *Alan Carr's Epic Gameshow* and *Dr Pimple Popper*.
11.10 Naked Attraction
12.15 AM First Dates
1.20 Married at First Sight
 Australia As 7.30pm.
2.45 Love Triangle UK
3.45 Abbott Elementary
4.10 The Goldbergs
4.55 to 6.00 AM
 The Neighborhood

+1 hour 235/236 306 30 123

Tuesday

primetime

primetime

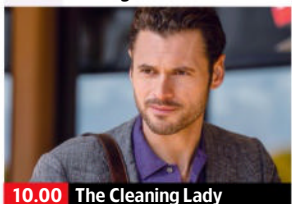
TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Border Security USA
10.00 Border Security: America's Front Line Double bill.
11.00 New Amsterdam 12/13. (S5)
12.00 NOON The Good Doctor (S2)
1.00 PM The Cleaning Lady (S2)
2.00 Chicago Fire 13/22. Firehouse 51 help Herrmann put on a school fundraiser.
3.00 14/22. Violet attracts an irritating admirer. (S1)
4.00 Nothing to Declare

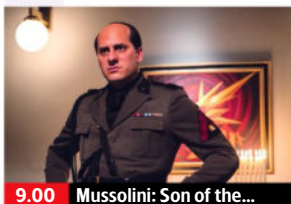


10.00 The Cleaning Lady

Sky Atlantic

108/109 808 342 357

- 6.00 AM The Guest Wing
8.10 True Blood 2&3/12. (S4)
10.20 Six Feet Under (S1)
12.30 PM Game of Thrones (S5)
1.35 Westworld 2&3/10. (S1)
3.45 True Blood 2/12. Sookie tries to adjust to her new living arrangements.
4.45 3/12. Bill punishes a vampire and gives advice to a guilt-ridden Jessica. (S4)
5.45 Six Feet Under 9/13. Claire and Gabe grow closer. (S1)
6.50 10/13. Nate and David try to replace Federico. (S1)



9.00 Mussolini: Son of the...

Sky Max

113/114 813 111 346 351

- 6.00 AM Hawaii Five-0 (S1)
8.00 The Flash 6/20. (S8)
9.00 Stargate SG-1 9&10/22. (S3)
11.00 Supergirl 15/20. (S1)
12.00 NOON The Flash 7/20. (S8)
1.00 PM Hawaii Five-0 (S1)
3.00 NCIS: Los Angeles (S13)
4.00 Magnum P.I. 18/20. (S5)
5.00 Supergirl 14/20. Kara takes on a jailer who is killing escaped Fort Rozz prisoners. (S1)
6.00 Stargate SG-1 9/22. The team encounter a planet of soldiers engaged in a deadly war game. (S3)



10.00 Never Mind the Buzzcocks

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
9.55 Love Bites Double bill.
12.00 NOON Dinner Date
1.00 PM Deal or No Deal
2.00 Supermarket Sweep
3.00 Charmed 10/22. Piper's spell to save Leo backfires. (S8)
4.00 Gilmore Girls 9/22. Paris's decision to fast for Ramadan takes its toll (S5)
5.00 Dinner Date
6.00 Celebrity Catchphrase With Róisín Conaty, Sunetra Sarker and Rickie Haywood-Williams.



7.00 Deal or No Deal

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 Inspector Morse
10.35 The Royal Stolen Dreams.
11.40 Heartbeat Double bill.
1.40 PM Classic Emmerdale
2.40 Classic Coronation Street
3.40 Inspector Morse Driven to Distraction: Lewis and Morse clash over procedure.
5.55 Heartbeat State of Mind: An elderly man reports an unusual break-in, during which the uninvited visitor left a statue on the kitchen table.



10.00 Endeavour

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 Matlock No, No Monsters: 8/18. Matty helps a nanny who has been fired on suspicion of harming the children in her care. (S1)

9 PM

- 9.00 SERIES RESUMES Matlock Friends: 9/18. Matty's friendship with Olympia clouds her judgement. (S1)

10 PM

- 10.00 The Cleaning Lady Full On Gangsta: 8/10. Thony tries to get to Mexico for Luca's transplant. (S1)

- 11.00 The Rookie 19/22. (S4)
12.00 MT Law & Order: Organized Crime 22/22. (S2)
1.00 AM FBI: Most Wanted (S2)
2.00 The Equalizer New episode
3.00 The Good Doctor 6/18. (S2)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.55 Game of Thrones The Gift: 7/10. Jon prepares for conflict, and Brienne waits for a sign. Elsewhere, Jaime attempts to reconnect with his family. (S5)

- 9.00 Mussolini: Son of the Century New episode 6/8. Benito opens up the party lists. Subtitled. (S1)
Entire series on Box Sets

- 10.00 Homicide: Life on the Street Happy to Be Here: 5/20. Beau tries to discover his wife's whereabouts. (S3)

- 11.05 Gangs of London 3/8. (S2)
12.10 AM The Wire 3/13. Royce takes drastic action, and Prez has a rough first day. (S4)
1.15 Mare of Easttown 3/7. (S1)
2.30 Game of Thrones As 7.55pm.
3.45 to 6.00 AM Richard E Grant's Hotel Secrets

+1 hour 208/209

- 7.00 Stargate SG-1 Forever in a Day: 10/22. Daniel Jackson is reunited with his long-lost wife Sha're. (S3)

- 8.00 Freddie Down Under 2/6. On Australia's east coast, Andrew and Rob prepare to spend the night in an unusual camping spot.

- 9.00 Rob & Romesh vs Ballet Comedians Rob Beckett and Romesh Ranganathan are given roles in a real performance of Swan Lake.

- 10.00 Never Mind the Buzzcocks With Bradley Simpson, Duncan James, Sam Campbell and guest captain Perrie Edwards.

- 11.00 Brassic 4/6. Vinnie keeps an eye on the pub for Kath. (S2)
12.00 MT The Force: Manchester
1.00 AM Brit Cops: War on Crime
2.00 Rob Beckett's Smart TV New edition With Judi Love.
2.45 Road Wars Documentary.
3.20 NCIS: Los Angeles (S13)
4.10 Magnum P.I. 18/20. (S5)
5.00 to 6.00 AM Highway Patrol

- 7.00 Deal or No Deal Stephen Mulhern hosts as Tyreece takes on the Banker for the chance to win a life-changing cash prize.

- 8.00 Ant & Dec's Limitless Win Sisters Tina and Tracy, and childhood sweethearts Bianca and Ky take on the ladder.

- 9.00 Hell's Kitchen New edition The chefs must communicate with efficiency in a secret ingredient challenge.

- 10.00 Plebs 1/6. First episode of the comedy series.
10.35 2/6. Stylax plays a prank on Aurelius. Guest stars Danny Dyer. (S1)

- 11.05 Family Guy 18/18. Peter goes back in time to 1984.
11.35 12/18. Quagmire loses his job as a pilot and has trouble finding another. (S5)
12.05 AM American Dad! (S2)
1.05 Bob's Burgers 8&9/22. (S13)
2.05 to 3.00 AM Plebs

+1 hour 218 315 29 114

- 6.55 Heartbeat Down to Earth: The police have to intervene when a woman complains about a neighbour's dead cow.

- 8.00 Vera Shadows in the Sky: When a dock worker plunges from a multi-storey car park, Vera investigates a work dispute over a man's death and uncovers a life of secrets and lies.

- 10.00 Endeavour Oracle: Thursday and the team are faced with a grisly murder on an Oxford towpath while Morse sees in the new year at a Venetian opera.

- 11.55 Trial & Retribution 7/10. Walker and Connor investigate the murder of a girl whose nanny has gone missing. (S10)
1.10 AM Wycliffe 4/8. (S3)
2.10 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106

REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
7.00 PM Reporting Scotland
7.30 Crimewatch Caught The investigation into the murder of Mark Noke.
8.00 This Farming Life New edition 8/12. Andy and Jo compete at the Royal Highland Show.
9.00 The Hunt for Peter Tobin Series finale 2/2. Once Peter Tobin had been arrested for the murder of Angelika Kluck, detectives analysed what other dark secrets might lurk in his past.
10.00 Surgeons: At the Edge of Life 2/6. Surgeon Danielle Collins operates on a patient who has an aggressive tumour.
11.00 Scotcast New edition Topical discussion.
11.30 PM to 12.00 MT Limmy's Homemade Show Limmy reveals his secret life as a hitman.

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Avenue 5 (S1&2)
9.15 The Conners (S5&1)
10.15 Vice Principals (S1&2)
11.25 Eastbound & Down
12.35 PM Curb Your Enthusiasm (S3)
1.55 Vice Principals (S1&2)
3.05 Eastbound & Down
4.25 Avenue 5 (S1&2)
5.40 The Office (US) (S9)
6.40 The Conners (S5&1)
7.40 Curb Your Enthusiasm
9.00 Divorce 5/10. Frances and Robert each seek legal representation with mixed results.
9.40 6/10. Frances and Robert make their annual trip to Frances' parents' home. (S1)
10.20 The Tonight Show Starring Jimmy Fallon New edition Talk show.
11.20 In the Long Run (S3)
12.30 AM Barry 1&2/8. (S1)
2.00 NEW SERIES The Righteous Gemstones to 5.00 AM
2.50 Eastbound & Down

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Jonas Kaufman at Arena di Verona
8.00 Watercolour Challenge
9.00 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering
12.00 NOON Watercolour Challenge Double bill.
1.00 PM Tales of the...
2.00 Landscape Artist of the Year From Portsmouth.
3.00 Discovering
4.00 Comedy Legends
5.00 Portrait Artist 2021
6.00 Tales of the Unexpected
7.00 Alfred Hitchcock Hour
8.00 DH Lawrence: Sex, Exile and Greatness
9.00 National Theatre Live: Frankenstein Classic horror tale directed by Danny Boyle.
11.05 The Art of Australia
12.20 AM Art's Wildest Movement: Mannerism
1.35 Klimt and the Kiss
2.45 Art Matters
4.15 The South Bank Show
5.10 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Bondi Rescue
10.00 Highway Patrol
11.00 Nothing to Declare
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Bondi Rescue
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 21/26. (S7)
5.00 Stargate SG-1 (S1)
6.00 Stargate Atlantis (S2)
7.00 Star Trek: Voyager Hope and Fear: 26/26. The crew find a prototype Starfleet vessel. (S4)
8.00 Hawaii Five-0 (S8)
9.00 FBI: Most Wanted (S3)
10.00 FBI: International (S2)
11.00 Britain's Most Evil Killers Stuart Campbell.
12.00 MT Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Frontline Crime UK Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Patrol

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
7.40 Buying the View
8.10 The Family Diaries
9.10 Fletchers' Family Farm
10.10 Buying and Selling
11.10 The Real Housewives of Beverly Hills
12.05 PM The Family Diaries
1.05 The Only Way Is Essex
2.05 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Dubai Reality series.
5.00 The Real Housewives of Atlanta Reality series.
6.00 Buying and Selling
7.00 Fletchers' Family Farm
8.00 Dinner Date
9.00 The Real Housewives of Orange County New edition Reality show.
10.00 The Matchmaker New edition
10.55 Botched Medical series.
11.50 The Only Way Is Essex
12.50 AM Buying the View
1.15 to 1.30 AM Unwind
+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 21/22. (S3)
11.00 Sue Thomas: F.B.Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 4/8. (S1)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 5-8/24. (S3)
9.00 Randall and Hopkirk (Deceased) Murder Ain't What It Used to Be: 7/26. The ghost of a gangster plans to settle some old scores. (S1)
10.00 The Avengers Murdersville: 23/24. A village harbours a dark secret. (S5)
11.00 The Persuaders! (S1)
12.00 MT M*A*S*H (S3)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra
+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Football Rivalries
- 6.20 The Protectors
- 6.50 The Sweeney
- 7.50 Robin of Sherwood
- 9.00 Racing: The Opening Show
- 10.00 The Best of the 80s
- 10.15 Kojak
- 11.20 BattleBots **New edition**
- 12.25 PM Robin of Sherwood
- 1.30 Magnum, PI
- 2.35 Kojak
- 3.40 Minder
- 4.50 The Sweeney
- 5.55 The Chase Celebrity Special



LAST ONE

9.00 Giant Lobster Hunters

- 7.00 **Cycling: Paris-Nice Highlights** Action from stage three, a team time-trial from Circuit Nevers Magny-Cours to Nevers.
- 8.00 **Monster Carp** Neil Spooner and Tom Dove head to Croatia to fish at Lake Zajarki on the outskirts of Zagreb.
- 9.00 **Giant Lobster Hunters** **Series finale** Myles has a shocking final shot, and Bryce's \$100,000 haul hangs in the balance.
- 10.00 **Wrestling: AEW Collision** Hard-hitting action from AEW's newest show, featuring stars including FTR, Thunder Rosa and Miro.
- 12.05 AM **LIV Golf Highlights** Action from Hong Kong.
- 1.00 **Ligue 1 Highlights** Featuring Lille v Montpellier and Rennes v Paris-Saint Germain.
- 1.30 Minder
- 2.25 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 12/26. (S4)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 1/26. (S7)
- 2.00 Warehouse 13 8/20. (S4)
- 3.00 Stargate SG-1 20/20. (S9)
- 4.00 Star Trek: Voyager (S3)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 12/26. Picard investigates claims of violence against the Cardassians. (S4)



10.00 The Walking Dead

- 7.00 **Warehouse 13** *Second Chance*: 8/20. Pete and Myka trace two cases of a strange rusting disease to a factory. (S4)
- 8.00 **Stargate SG-1** *Camelot*: 20/20. The team travel to Camelot to try to halt the Ori invasion. (S9)
- 9.00 **Grimm** *A Dish Best Served Cold*: 3/22. Nick and Hank investigate when people begin to mysteriously explode. (S3)
- 10.00 **The Walking Dead** *Still*: 12/16. Beth forces a reserved Daryl to leave their camp and search for alcohol. (S4)
- 11.00 **SurrealEstate** 9&10/10. (S2)
- 1.00 AM **FILM** *Battle Royale* Japanese thriller with Takeshi Kitano. Schoolchildren take part in a game in which they must kill each other until only one survivor remains. Subtitled. (2000, 18, 113min) ★★★★★
- 2.50 Train 2/12. (S1)
- 4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S12)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 16/16. (S4)
- 12.00 NOON The Mentalist (S5)
- 1.00 PM Death in Paradise (S1)
- 2.00 Murdoch Mysteries (S12)
- 4.00 The Doctor Blake Mysteries
- 5.00 Hudson & Rex 16/16. An officer and her canine partner are attacked. (S4)
- 6.00 **Father Brown** *The Word of the Condemned*: The priest investigates the fate of Lady Felicia's beloved goddaughter.



10.00 Father Brown

- 7.00 **The Mentalist** *The Red Barn*: 13/22. Jane and Lisbon investigate three murder cases from the 1980s. (S5)
- 8.00 **White Collar** *Master Plan*: 5/13. Neal goes undercover as a butler to stop a thief stealing a family fortune. (S5)
- 9.00 **Death in Paradise** *Spot the Difference*: 5/8. A prisoner is stabbed to death while handcuffed to Richard. (S1)
- 10.00 **Father Brown** *The Blood of the Anarchists*: Tensions rise when a performance troupe of anarchists arrive in Kempleford.
- 11.00 **The Mentalist** As 7.00pm.
- 12.00 **MT White Collar** As 8.00pm.
- 12.55 AM **Elementary** 12/24. Holmes is shocked to discover that a British criminal has followed him to New York. (S1)
- 1.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.00 AM Highlights
- 9.00 On the Up
- 9.40 Are You Being Served?
- 10.20 Only Fools and Horses
- 11.00 Last of the Summer Wine
- 12.20 PM Keeping Up Appearances
- 1.00 On the Up
- 1.40 Dad's Army
- 2.20 Only Fools and Horses
- 3.00 Are You Being Served?
- 3.40 Last of the Summer Wine
- 5.00 On the Up
- 5.40 Keeping Up Appearances
- 6.20 Are You Being Served?



8.20 Dad's Army: The Lost...

- 7.00 **Only Fools and Horses** Rodney finds a new girlfriend, but she is old enough to be his mother.
- 7.40 **Dad's Army** An invasion alert throws the would-be heroes into a panic.
- 8.20 **Dad's Army: The Lost Episodes** Walker is called up to the regular army.
- 9.00 **Gavin & Stacey** Nessa goes into labour a month early in Barry.
- 9.35 Neil's christening offers an opportunity for everyone to reunite.
- 10.15 **The Fast Show** Comedy sketch show, featuring guest star Steve Davis.
- 10.55 **Live at the Apollo** Rhod Gilbert introduces sets by Jon Richardson and Kerry Godliman.
- 11.55 **Billy Connolly Does...**
- 12.55 AM **Gavin & Stacey**
- 2.20 **The Fast Show**
- 2.50 to 4.00 AM Billy Connolly Does...

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM Anthony Bourdain: Parts Unknown From the Bronx.
- 8.00 The Force: Behind the Line
- 10.00 American Pickers
- 12.00 NOON Storage Hunters UK
- 2.00 PM James May's Toy Stories: The Great Train Race
- 3.00 Top Gear Double bill.
- 5.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate British pork.
- 6.00 **Rick Stein's Road to Mexico** The chef heads from San Diego to Tijuana for the start of his Mexican adventures.



7.40 House of Games

- 7.00 **Would I Lie to You?** *At Christmas* With Bill Bailey, Ruth Jones, Jo Brand and Kelly Holmes.
- 7.40 **Richard Osman's House of Games** With Athena Kugblenu and Nick Helm.
- 8.20 With Jessie Cave, Ayesha Hazarika, Simon Hickson and AJ Pritchard.
- 9.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guests Camilla Long and Susan McCabe.
- 10.00 **QI XL** Guests Phill Jupitus, Cally Beaton and Rhod Gilbert join regular panellist Alan Davies and host Sandi Toksvig.
- 11.00 **Taskmaster**
- 12.00 **MT Mock the Week**
- 12.40 AM **Would I Lie to You?** *The Unseen Bits*
- 1.20 **Would I Lie to You?** *At Christmas* As 7.00pm.
- 2.00 to 4.00 AM Richard Ayoade's Question Team

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location Double bill
- 8.00 **George Clarke's Old House, New Home** The architect explores the potential of a Victorian terrace in Brighton.
- 9.00 **Gogglebox** Opinions on recent TV shows.
- 10.00 **FILM** *A Quiet Place Part II* Horror sequel with Emily Blunt and Cillian Murphy. (2020, 15, 97min) ★★★★★
- 11.55 **Top Guns: Inside the RAF** Documentary.
- 12.55 AM **Guy Martin: Top Gun** Flying a classic frontline fighter jet.
- 2.30 Grand Designs
- 3.30 Kirstie and Phil's Love It or List It
- 4.30 to 5.00 AM The Secret Life of the Zoo

+1 hr 241/269 320/362 130

5USA

141/169 120/162 21 129

- 9.00 AM Entertainment News
- 9.10 NCIS 7-9/24. (S12)
- 12.00 NOON Law & Order
- 6.00 PM **NCIS** *The Last Boys*: 23/24. The team aid in a global investigation into a terror group.
- 7.00 **Neverland**: 24/24. Dorneget's CIA officer mother Joanna Teague joins the fight against The Calling. (S12)
- 8.00 **Stop the Bleeding**: 1/24. Gibbs fights for his life on board a US Navy hospital ship. (S13)
- 9.00 **Law & Order** *New episode* *Facade*: 8/13. Shaw and Riley investigate the death of a comedian after a subway altercation. (S23)
- 10.00 **Law & Order: Special Victims Unit** (S16)
- 1.50 AM **NCIS** 19/24. (S12)
- 2.45 **The Good Wife** (S1)
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM Rich Kids Go Skint
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 **Nightmare Tenants**, **Slum Landlords**
- 11.00 **Traffic Cops** Triple bill.
- 2.00 PM **Police Interceptors**
- 5.00 **Rogue Claimers** *New edition* A couple claim they were burgled.
- 6.00 **Home and Away**
- 7.00 **GP's: Behind Closed Doors** Medical series.
- 8.00 **Casualty** 24/7: Every Second Counts
- 9.00 **Killer at the Crime Scene** *New edition*
- 10.00 **999: Critical Condition**
- 11.00 **Skin** A&E Documentary.
- 12.00 **MT Accused: Guilty or Innocent?**
- 1.00 AM **GP's: Behind Closed Doors** Medical series.
- 2.00 **Casualty** 24/7: Every Second Counts
- 2.50 **Police Interceptors**
- 3.35 to 4.00 AM Home and Away

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Trucking Hell
- 9.15 Outback Truckers
- 10.15 Traffic Cops
- 11.15 **Police Interceptors**
- 12.15 PM **FILM** *Streets of Laredo* Western drama. (1949, U, 93min) ★★★
- 2.10 **FILM** *Horizons West* Western starring Robert Ryan and Rock Hudson. (1952, PG, 81min) ★★
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 **Police Interceptors**
- 9.00 **Motorway Cops: Catching Britain's Speeders** PC Martain Anderson stakes out a suspected drug driver.
- 10.00 **Scam City** Conor strolls the streets of Paris.
- 11.00 **999: Criminals Caught on Camera**
- 12.00 **MT Coastguard: Search & Rescue SOS**
- 1.00 AM **Police Interceptors**
- 2.00 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

+1 hour 232/233 325

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: The Big Build
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: The Big Build
- 7.00 **MasterChef USA** *New edition* The top five contestants must prove themselves with back-to-back tasks in the semi-final, including the final Mystery Box.
- 8.00 **Brit Cops Down Under** *New edition* Ben works his first day at Perth station, which coincides with Christmas Day.
- 9.00 **Border Force: America's Gatekeepers**
- 10.00 **First Responders**
- 11.00 **In Defense Of**
- 12.00 **MT Hashtag Murder**
- 1.00 AM **Wedding Valley**
- 2.00 to 3.00 AM Alex Jones: Making Babies

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
- 8.00 Doctors
- 9.15 Classic Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.15 Bergerac
- 4.20 All Creatures Great and Small
- 5.20 One Foot in the Grave
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 **Jonathan Creek** *The Sinner and the Sandman*: Jonathan visits a retired psychic, who makes the most baffling prediction of his career.
- 9.20 **New Tricks** Double bill of the crime drama.
- 12.00 **MT Bergerac**
- 1.05 AM Lovejoy
- 2.25 Birds of a Feather
- 2.55 to 4.00 AM Classic Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Celebrity Fantasy Homes** With David Gest.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Long Lost Family**
A woman brought up by adoptive parents looks for her birth family.
10.00 A woman's search unveils one missing relative after another.
11.00 **Long Lost Family Australia** A terminally ill woman desperate to find her mother.
12.00 MT **Celebrity Help! My House Is Haunted**
1.00 AM **AM Help! My House Is Haunted** From Bristol.
2.00 **Teleshopping**
4.00 to 6.00 AM **Salvage Hunters**

Challenge

145 139 48 142

- 7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze**
Game show hosted by Richard O'Brien.
6.00 **The Bidding Room**
Items up for sale include a carousel giraffe, silver goblets and a snuff box.
7.00 **Tenable** Warwick Davis hosts as five mobile fish and chip shop workers compete in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 MT **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 to 6.00 AM **Bullseye**

GREAT! action

323 426 42

- 8.00 AM **Wild West Chronicles** Western.
8.30 **Wanted: Dead or Alive**
9.00 **FILM Biggles: Adventure in Time**
Time-travel adventure. (1986, PG, 108min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Warrant**
Western drama. (2020, 12, 84min) ★★
2.55 **FILM Badland** Western. (2019, 12, 107min) ★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM Beyond the Law**
Thriller starring DMX. (2019, 15, 89min) ★
10.55 **FILM Alpha Dog** Drama. (2006, 15, 117min) ★★
1.25 AM **FILM Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
3.20 to 5.00 AM **Wild West Chronicles**
+1 hour 324

GREAT! movies

321 425 34

- 9.00 AM **FILM Garage Sale Mysteries: The Mask Murders** (2018, PG) ★★
11.00 **FILM Garage Sale Mysteries: Picture a Murder** Crime drama. (2018, PG, 90min) ★★
1.00 PM **FILM Dying for the Crown** Thriller. (2018, PG, 89min) ★★
3.00 **FILM Killer Assistant** Thriller. (2016, PG) ★★
5.00 **FILM Lost Letter Mysteries: To the Altar** Drama. (2018, PG) ★★
7.00 **Sue Thomas: F.B. Eye**
9.00 **FILM Catch Me If You Can** Adventure. (2002, 12, 141min) ★★★★★
11.55 **FILM The Longest Week** Comedy drama. (2014, 15, 86min) ★★
1.50 AM **FILM Crash Site: A Family in Danger** Horror. (2011, 15) ★★
4.00 to 6.00 AM **FILM Ex-Wife Killer** Thriller. (2017, 15, 90min) ★★
+1 hour 322

GREAT! romance

319 424 52

- 8.10 AM **FILM Appetite for Love** (2016, PG) ★★
10.05 **FILM A Slice of Chicago** Romance Drama. (2022, PG, 85min) ★★
12.00 NOON **FILM Wedding Cake Dreams** Drama. (2021, U, 85min) ★★
2.00 PM **FILM A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
3.55 **FILM Love Blossoms** Drama. (2017, PG) ★★
6.00 **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
8.00 **FILM PREMIERE Let Love Grow** Drama. (2023, U, 90min) ★★
9.55 **FILM Love on Harbor Island** Romantic drama. (2020, PG, 80min) ★★
11.45 **FILM Love on Retreat** Drama. (2023, PG) ★★
1.55 AM **Highway to Heaven**
3.00 to 5.00 AM **FILM Stepping into Love** Drama. (2023, PG) ★★
+1 hour 320 63

Rewind TV

182 95

- 6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Watching 3/8** (S2)
11.00 **Diff'rent Strokes** (S1)
11.30 **Bewitched 11/36** (S1)
12.00 NOON **Dick Turpin** (S3)
1.00 PM **Fantasy Island** (S1)
2.00 **The Prisoner 14/17** (S1)
3.00 **Clive James in Japan**
3.45 **Auto Rewind**
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching 3/8** (S2)
6.00 **Bewitched 11/36** (S1)
6.30 **The Monkees** (S1)
7.00 **Police Woman** (S1)
8.00 **The Prisoner 14/17** (S1)
9.00 **Dark Skies 3/20** (S1)
10.00 **Game On 5/6** (S2)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **Thriller 2/10** (S1)
1.00 AM **Clive James in Japan**
1.45 **Auto Rewind**
2.00 **Monkey 22/26** (S1)
3.00 to 6.00 AM **Highlights**

DMAX

159 169 39 147

- 6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch**
Battered by the ice pack, Sig changes tactics.
8.00 **Jake and Sean** face losing everything when ice swallows their gear.
9.00 **Wild Bill** comes down hard on deckhands as Linda gets too close to danger.
10.00 **Sean Dwyer** joins Jake for a high-risk trek.
11.00 **Aussie Gold Hunters**
12.00 MT **Naked and Afraid XL** Medics closely monitor Jeff's high fever.
2.00 AM **Teleshopping**
5.00 to 6.00 AM **Building Alaska**
+1 hour 259 369 153

Food Network

140/141 190 43 148

- 6.00 AM **Roux Back Down the River** In Battersea.
7.00 **The Pioneer Woman**
9.00 **Jamie Oliver: Together**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Back Down the River** From Greenwich.
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie Oliver: Together**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** Paul visits a bakery set up to supply the Spanish royal family.
9.00 **Roux Back Down the River** From Greenwich.
10.00 **Nadiya's Time to Eat**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food** with Casey Webb
2.00 to 3.00 AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend

148 149 41 137

- 8.00 AM **Walker, Texas Ranger** 16/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 13/23. (S4)
11.00 **FILM The Philadelphia Experiment** Mystery. (2012, 15, 89min) ★★
1.00 PM **FILM The Legend of Butch and Sundance** Western. (2004, PG, 87min) ★★
3.00 **FILM Last of the Mohicans** Adventure. (1977, U, 97min) ★★
5.00 **Star Trek** 10/26. (S2)
6.00 **T.J. Hooker** 14/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Half Past Dead** Action thriller starring Steven Seagal. (2002, 15, 98min) ★★
11.00 **FILM Hard Target** Thriller. (1993, 18, 95min) ★★
12.55 AM **FILM Jiu Jitsu** Thriller. (2020, 15, 102min) ★★
2.55 to 5.00 AM **FILM Any Bullet Will Do** Western. (2018, 15, 110min) ★★

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Boot Hill**
8.00 **FILM Battle Star Wars** Sci-fi action drama. (2020, 12, 86min) ★
10.00 **Farscape** 18/22. (S2)
11.00 **FILM Moby Dick** Monster movie. (2010, 12, 87min) ★★
1.00 PM **Category 7: The End of the World**
3.00 **Farscape** 18/22. (S2)
4.00 **Star Trek** 18/26. (S2)
5.00 **FILM Boot Hill** Comedy Western with Terence Hill. (1969, PG, 91min) ★★
7.00 **Farscape** 19/22. (S2)
8.00 **Star Trek** 19/26. (S2)
9.00 **FILM The Gunman** Crime drama starring Sean Penn and Idris Elba. (2015, 15, 115min) ★★
11.15 **FILM Escape Plan 2: Hades** Thriller sequel with Sylvester Stallone. (2018, 15, 96min) ★★
1.10 to 3.00 AM **FILM The Trust** Comedy thriller. (2016, 15, 90min) ★★
+1 hour 318 371 139

Blaze

164 174 64 161

- 6.00 AM **Dickinson's Real Deal** From Nottingham.
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What?**
12.10 PM **Weird Britain**
1.05 **When Big Things Go Wrong** The I-35 bridge.
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Evidence of the Unexplained**
8.00 **The Proof Is Out There**
9.00 **NEW SERIES** **The Abduction of Calvin Parker** 1/2.
10.20 **Alien Abductions: Answers** Documentary.
12.10 AM **Close Encounters**
1.00 **UFO Hunters**
2.00 **Weird or What?**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 to 6.00 AM **Ancient...**

5SELECT

153 138 46 133

- 9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Dorset: Country and Coast** Oyster farming.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo: Swan Song**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Countdown to War**
As peace ebbed away, World War Two began and the first British casualties were recorded.
10.00 **Buried Secrets of WWII** Documentary examining the Allied advance into Rome.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** New Orleans.
3.50 to 4.00 AM **Entertainment News**

HGTV

158 191 44 149

- 7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home** International
12.30 PM **My Lottery Dream Home** Triple bill.
2.00 **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Windy City Rehab** **New edition** Alison Victoria takes on clients who have spent \$150,000 on a project.
10.00 **100 Day Dream Home**
11.00 **Flip or Flop** Double bill.
12.00 MT **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **My Lottery Dream Home** International
3.30 to 4.00 AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC

133/134 828 165

- 7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress** with Tan France
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughters: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Dr Pimple Popper** Tyler is considering getting his hands amputated.
9.00 **The Bad Skin Clinic**
10.00 **My Feet Are Killing Me**
11.00 **Sex Sent Me to the ER**
12.00 MT **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **Dr Pimple Popper**
5.00 to 6.00 AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 8&10/22. (S3)
1.00 PM **Becker** 1-3/24. (S3)
2.35 **Friends** 7-16/18. (S10)
8.00 **Friends** 17&18/18. The last-ever episode. (S10)
9.00 **FILM Charlie's Angels**
Comedy thriller based on the 1970s TV series, starring Cameron Diaz, Drew Barrymore and Lucy Liu. (2000, 15, 97min) ★★★★★
11.00 **Utopia** 7&8/8. (S1)
12.05 AM **Romesh Ranganathan: Irrational Live**
1.05 **Whose Line Is It Anyway? USA**
2.05 **South Park** (S5)
3.05 **Teachers** (S3)
3.30 **Romesh Ranganathan: Irrational Live** Stand-up.
4.15 to 5.00 AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 6&7/24. (S3)
11.00 **Friends** 8-11/24. (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 6&7/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 3/24. The gang attend a wedding. 9.30 4/24. Nick loses his self-confidence. (S1)
10.00 **Friends** 5-9/18. (S10)
12.35 AM **The Ren & Stimpy Show** 10&11/14. (S4)
2.05 **Key & Peele**
3.05 **Ugly Americans**
3.45 **Rob Beckett's Undeniable**
4.30 **Al Murray: My Gaff, My Rules** Stand-up.
5.15 to 6.00 AM **Home Improvement**

Sky Replay

152 156

- 7.00 AM **Sixth Sense** with Colin Fry Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S1)
2.00 PM **Motorway Patrol**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **MacGyver** (S5)
9.00 **UK Border Force**
11.00 **Road Wars**
12.00 MT **The Russell Howard Hour**
1.00 AM **A League of Their Own** Road Trip: Dingle to Dover 2/6. Andrew and Jamie continue their travels with a celebrity football match.
2.00 **The Overlap on Tour**
3.00 **Duck Quacks Don't Echo** With Ed Byrne.
4.00 **Four Weddings**
5.00 to 6.00 AM **Sixth Sense** with Colin Fry

MTV

126/127 824 134

- 6.00 AM **Daria** 1/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Teams**
2.00 **Catfish: The TV Show**
5.00 **Catfish: Teams**
6.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Mackenzie is on a new adventure.
8.00 **Help! I'm in a Secret Relationship!**
9.00 **Badass Brides**
10.00 **Geordie Shore** **Series finale** Sophie and Marnie try to put the group back together.
11.00 **MTV Cribs: Priciest Pads**
12.00 MT **Ridiculousness** **New edition** Rob, Steelo and Carly break down the dangers of water slides in 'water wrecks'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 to 4.00 AM **Teen Crips**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00 **AM How It's Made: Dream Cars** Caterham Seven.
- 7.00 **Treehouse Masters**
- 9.00 **Kindig Customs** Double bill.
- 11.00 **Wheeler Dealers**
- 1.00 **PM Alaska: Homestead Rescue** Double bill.
- 3.00 **Gold Rush: Parker's Trail**
- 4.00 **America's Backyard Gold**
- 5.00 **Deadliest Catch** Sig gets tough news at sea, forcing the Hansens to make a decision.
- 6.00 **Wheeler Dealers** Mike finds a rare Land Rover Series 1 that may not be all it seems.



9.00 Gold Rush

7.00 **Salvage Hunters**
Drew visits a man who is renovating his family's house as he scours more sites for scrap items.

8.00 **Kindig Customs**
A 1955 Bel Air that hasn't run in over 10 years enters the shop.

9.00 **Gold Rush New edition**
Parker hopes for a big score on Sulphur Creek, while Tony and Monica go on a treasure hunt.

10.00 **Harpoon Hunters**
New edition Captains Joe and Tyler battle to capture oversized 'quota-killer' tuna.

11.00 **Expedition Bigfoot** A storm threatens the expedition.

12.00 **M'T Mountain Monsters**

Hunters target a wampus cat in Pleasants County.

1.00 **AM Gold Rush** As 9.00pm.

2.00 **Harpoon Hunters**

3.00 **Texas Metal** Documentary.

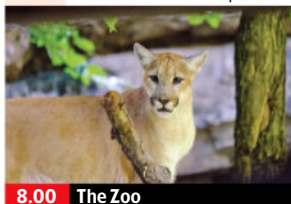
4.00 to 5.00 **AM Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00 **AM Tanked**
- 9.00 **Pit Bulls & Parolees**
- 10.00 **My Cat from Hell**
- 11.00 **Animal Cops Philadelphia**
- 12.00 **NOON Tanked**
- 1.00 **PM How Do Animals Do That?** Double bill of editions.
- 2.00 **Wild Australia**
- 3.00 **Wild Mexico** A look at the wildlife of the country.
- 4.00 **My Cat from Hell** A musician who feels abused by her cat.
- 5.00 **Animal Cops Philadelphia**
- 6.00 **Tanked** NFL player Adrian Peterson orders an aquarium.



8.00 The Zoo

7.00 **Pit Bulls & Parolees**
A Houston couple are torn between two dogs and cannot decide which one to take home with them.

8.00 **The Zoo** A gorilla must undergo a root canal to fix his tooth problem, and a pair of puma cubs travel to their new home.

9.00 **The Zoo** A fennec fox is diagnosed with a rare heart condition, while a golden eagle is ready for his big debut.

10.00 **Alaska Monsters** The team investigate sightings of a bigfoot-like creature, while Todd and Rhett build an electrified tepee.

11.00 **Fish or Die** Four friends set out to fish the most remote waters in the world.

12.00 **M'T** The guys chase reports of tigerfish in Zambia.

1.00 **AM Alaska Monsters**

2.00 **My Cat from Hell**

3.00 **Animal Cops Philadelphia**

4.00 to 5.00 **AM Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00 **AM Food Factory**
- 9.00 **Air Crash Investigation: Special Report**
- 10.00 **Defending Europe**
- 11.00 **Nazi Megastructures: Battle Ready** Colossal defences.
- 12.00 **NOON Car S.O.S**
- 1.00 **PM Colossal Machines**
- 2.00 **Air Crash Investigation**
- 3.00 **Drain the Oceans**
- 4.00 **Nazi Megastructures**
- 5.00 **Car S.O.S** Fuzz and Tim tackle a rusty 1965 Mustang.
- 6.00 **The boys** secretly restore a 1983 Citroën 2CV.



10.00 WWII: Secrets from Above

7.00 **Air Crash Investigation**
Investigating the disappearance of EgyptAir Flight 804.

8.00 **Nazi Megastructures**
Extended edition exploring the use of trains in the Nazi regime, including Hitler's personal train, an unprecedented railway network, and concentration camp prisoner transports.

10.00 **World War II: Secrets from Above** The battle to destroy the Nazi battleship *Bismarck*.

11.00 **Air Crash Investigation**

1.00 **AM UFOs: Investigating the Unknown** A whistleblower provides explosive testimony.

2.00 **Made in a Day**

2.30 **Abandoned**

3.20 **Food Factory**

4.10 to 5.00 **AM Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00 **AM American Pickers**
- 6.50 **UFOs: The Lost Evidence**
- 7.45 **Flipping Bangers**
- 8.45 **Forged in Fire** Tournament of Champions Knightly Poleaxe.
- 9.35 **Auction Kings**
- 10.05 **Storage Wars** Four editions.
- 12.00 **NOON Mountain Men**
- 1.00 **PM Flipping Bangers**
- 2.00 **WWII Lost Films**
- 4.00 **Digging for Britain**
- 5.00 **Pawn Stars** A chandelier made out of KFC buckets.
- 6.00 **American Pickers** The deals are flying in North Carolina.



10.00 Truthseekers

7.00 **Forged in Fire**
Tournament of Champions A pair of metalsmiths duel with Flamberge Rapiers.

8.00 **UFOs: The Lost Evidence** Ancient art and archaeology suggest mankind has been visited by otherworldly beings.

9.00 **The Proof Is Out There New edition** A photograph said to offer some of the most convincing UFO evidence ever.

10.00 **Truthseekers New edition** Investigating curses apparently linked to the Egyptian pharaoh Tutankhamun.

11.10 **Truthseekers New edition**

Focusing on the downfall of the great Inca empire in Peru.

12.20 **AM Paranormal: Caught on Camera**

1.20 **Flipping Bangers**

2.20 **Ancient Aliens**

3.15 **The Curse of Oak Island**

4.10 to 6.00 **AM Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10 **AM Antiques Roadshow**
- 8.00 **World War Weird**
- 9.00 **WW2: Frontlines**
- 10.00 **Secrets of the London Underground** Double bill.
- 12.00 **NOON Simon Reeve's South America** From Venezuela.
- 1.00 **PM Antiques Roadshow**
- 2.00 **Bangers & Cash** Double bill.
- 4.00 **World War Weird**
- 5.00 **WW2: Frontlines** Focusing on the battle of Omaha beach.
- 6.00 **Antiques Roadshow** A special edition celebrating 100 years of women winning the vote.



7.00 Speed with Guy Martin

7.00 **Speed with Guy Martin**
The racing fan attempts to break the record for the world's fastest gravity-powered sled.

8.00 **Bangers & Cash: Restoring Classics**
Derek encourages the team to buy a Francis Barnett Plover at auction.

9.00 **Bangers & Cash**
Paul heads to the Lake District for a poignant collection from a Mathewsons regular.

10.00 **Bangers & Cash** Dave finds two rare Fiats and a VW Corrado, while Derek has his work cut out trying to move an old Morris.

11.00 **Find It, Fix It, Flog It** Henry and Simon's finds include some Victorian street lamps.

12.00 **M'T Simon Reeve's South America** The adventurer takes in Venezuela, Guyana, Suriname and French Guiana.

1.00 to 3.00 **AM Steam Train Britain**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00 **AM Junkyard Empire**
- 8.00 **American Pickers**
- 9.00 **Aussie Gold Hunters**
- 12.00 **NOON The Repair Shop** Triple bill.
- 3.00 **PM Shed and Buried**
- 4.00 **Find It, Fix It, Flog It**
- 6.00 **The Repair Shop**
- 8.00 **Wheeler Dealers**
Mike has found a rare 33-year-old Peugeot 405 in Portugal.
- 9.00 **Vinnie Jones in the Country New edition**
Vinnie plans an ambitious build ahead of his grandchild's visit.
- 10.00 **Meet the Rees-Moggs New edition** As election day nears, the Rees-Moggs campaign in north Somerset.
- 11.00 **How Do They Do It?**
- 1.00 **AM Junkyard Empire**
- 3.00 **Find It, Fix It, Flog It**
- 4.00 to 5.00 **AM How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00 **AM Say Yes to the Dress: UK** Double bill.
- 7.00 **Say Yes to the Dress: Lancashire**
- 8.00 **Say Yes to the Dress: Atlanta** Reality series.
- 9.00 **Say Yes to the Dress**
- 11.00 **Forensic Detectives**
- 12.00 **NOON Betrayed**
- 1.00 **PM On the Case with Paula Zahn**
- 2.00 **Murder on CCTV**
- 3.00 **Judge Rinder's Crime Stories**
- 4.00 **American Monster**
- 6.00 **People Magazine Investigates**
- 7.00 **A Killer's Mistake**
- 8.00 **Murder on CCTV**
- 9.00 **Body Cam New edition**
- 10.00 **Web of Lies**
- 11.00 **Murder on CCTV**
- 12.00 **M'T Faking It: Tears of a Crime** Double bill.
- 2.00 **AM Murder Comes to Town** Cindy Borton.
- 3.00 to 4.00 **AM FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00 **AM Judge Judy**
- 1.00 **PM Judge Judy**
- 7.00 **Crimes That Shook**
Australia Documentary.
- 8.00 **Secrets of a Murder**
Detective Detectives Steve Keogh and Steve Whittaker discuss Aseel Al-Essaie's murder.
- 9.00 **Fatal Attraction**
New edition A nurse is shot and left for dead on the side of the road.
- 10.00 **A Secret to Die For**
New edition Bank robbing, deceptions and secret lives catch up with a serial liar.
- 11.00 **Prosecuting Evil**
with Kelly Siegler
- 12.00 **M'T Nightmare Next Door** Documentary.
- 1.00 **AM Fatal Attraction**
- 2.00 **A Secret to Die For**
- 3.00 **Donal MacIntyre's Murder Files**
- 4.00 to 6.00 **AM Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00 **AM 48 Hours**
- 11.00 **Medical Detectives**
- 2.00 **PM 48 Hours**
- 4.00 **Medical Detectives**
A man suspected of poisoning his girlfriend.
- 4.30 **Detectives**
question dated forensic techniques used to secure an arrest.
- 5.00 **A Sunday school teacher** who doubled as a serial killer.
- 5.30 **Police try to link** two cases of alleged murder after two women are found dead in similar circumstances.
- 6.00 **An unusual case** involving an abandoned car in Philadelphia.
- 6.30 **A nurse** learns she is HIV positive with the help of forensic science.
- 7.00 **Judge Judy** Real-life small-claims cases.
- 12.05 **AM Judge Judy**
- 4.45 to 6.00 **AM Medical Detectives**

+1 hour 222/223 321

Sky Crime

122/123 820 121 349 364

- 6.00 **AM Highway Patrol**
- 7.00 **The Force: Manchester**
- 8.00 **Road Wars**
- 9.00 **Brit Cops: Frontline**
Crime UK Documentary.
- 10.00 **Send in the Dogs**
- 11.00 **Forensics: Catching...**
- 12.00 **NOON How I Caught the Killer** True-crime.
- 1.00 **PM Killer in My Village**
- 2.00 **Made for Murder**
- 3.00 **Most Evil Killers**
- 5.00 **Forensics: Catching the Killer** True-crime.
- 6.00 **How I Caught the Killer**
- 7.00 **Most Evil Killers**
- 9.00 **World's Most Evil Killers New edition**
- 10.00 **Family Secrets: The Disappearance of Alissa Turney**
- 11.45 **World's Most Evil Killers**
- 12.50 **AM How I Caught the...**
- 1.55 **Snapped** Double bill.
- 4.00 **Send in the Dogs**
- 5.00 to 6.00 **AM Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00 **AM Beautiful Serengeti**
- 8.40 **Mafia's Greatest Hits**
- 9.45 **The Great Escape: The True Story**
- 10.50 **Impossible Peace**
- 11.55 **The Dictator's Playbook**
- 1.00 **PM Mafia's Greatest Hits**
- 2.00 **The Great Escape: The True Story**
- 3.00 **Impossible Peace**
- 4.10 **The Dictator's Playbook**
- 5.20 **After Chaos**
- 6.30 **Mafia's Greatest Hits**
- 7.35 **The Great Escape: The True Story**
- 8.35 **Impossible Peace**
New edition With the United States also suffering, Japan took the opportunity to increase their empire.
- 9.40 **The Dictator's Playbook**
How Francisco Franco used colonial war tactics to win control of Spain.
- 10.55 **Mafia's Greatest Hits**
- 12.00 **M'T The Great Escape...**
- 1.05 to 2.00 **AM Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM Richard E Grant's Hotel Secrets From Hong Kong.
7.00 Discovering: Whoopi Goldberg
8.00 The Directors
9.00 The 2010s
10.00 JFK: Destiny Betrayed
11.00 The Good Fight Club
12.00 NOON Kingdom of Dreams
1.00 PM House of Kardashian
4.00 The Directors
5.00 Discovering: Whoopi Goldberg
6.00 The 2010s
7.00 We Are Wigan Warriors 2/3. Following the Super League side during the 2024 season.
8.00 David Frost Vs 3/3. David's encounter with Jane Fonda.
9.00 Natalie Wood: What Remains Behind A unique insight into the movie star's life, from her daughter's perspective.
11.00 I Am Heath Ledger
12.50 AM Adam Hills: Foot Fault
2.00 NEW SERIES Eyes on the Prize III 1/6. The struggle for racial equality in America.
3.00 I Am MLK Jr Documentary.
5.00 to 6.00 AM Discovering: Whoopi Goldberg

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Hometown Tragedy
11.00 An Hour to Kill
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding...
2.00 Witness to Murder: Digital Evidence
3.00 Robbie Coltrane's Critical Evidence
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 After the First 48
7.00 The First 48
8.00 Hometown Tragedy New editions Double bill.
9.00 A Perfect Scam
10.00 Tell Me How I Died
11.00 Homicide Hunter
12.00 MT Very Scary People
2.00 AM A Perfect Scam
3.00 Britain's Darkest Taboos
4.00 Somebody's Hiding Something
5.00 to 6.00 AM On the Case with Paula Zahn

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Inside the Ambulance
1.00 PM Inside the Ambulance
5.00 The Bill A Clean Division: DC Carver fails a breathalyser test. 5.30 Roger and Out. Sgt Penny discovers that DC Lines has taken in a lodger. 6.00 Addresses: WPC Martella and Sgt Cryer head out together on night patrol. 6.30 Michael Runs the Family Now: A video shop robbery leads Burnside to the son of a villain he arrested 20 years ago.
7.00 Top of the Pops Triple bill featuring classic chart-toppers.
9.00 The Brokenwood Mysteries Fall from Grace: 1/4. An ex-boyfriend of Kristin's dies while skydiving. When the cords are found severed, it becomes clear that his demise was either suicide or murder. (54)
11.00 The Bill Four episodes.
1.05 AM Top of the Pops
3.00 The Brokenwood Mysteries
4.40 Inside the Ambulance
5.30 to 6.00 AM The Bill

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Ol Pejeta Diaries
7.00 Monkey Life
8.00 Undiscovered Vistas
9.00 Dawn to Dusk
10.00 Patrick Aryee's Wild World
11.00 Planet Shark
12.00 NOON Mysteries of the Mekong Documentary.
1.00 PM Monkey Life
2.00 Undiscovered Vistas
3.00 Dawn to Dusk
4.00 Patrick Aryee's Wild World
5.00 Coastal Africa
6.00 Mysteries of the Mekong
7.00 Monkey Life Double bill.
8.00 David Attenborough's Wild City Exploring the animal life of Singapore's urban environments.
9.00 Cub Camp
10.00 Mysteries of the Mekong
11.00 Coastal Africa
12.00 MT Planet Shark
1.00 AM Into the Wild: India
2.00 David Attenborough's Wild City As shown at 8.00pm.
3.00 Cub Camp
4.00 Undiscovered Vistas
5.00 to 6.00 AM Dawn to Dusk

WILD

165 841 182

- 8.00 AM Secrets of the Zoo: North Carolina
9.00 World's Deadliest
10.00 Africa's Hunters
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Wild India
3.00 Africa's Deadly Kingdoms
4.00 Secrets of the Zoo
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo Featuring the birth of a polar bear.
8.00 Something Bit Me A sudden strike turns a location scout into a race against death.
9.00 Africa's Deadliest Compilation of series highlights.
10.00 Alaska: The Next Generation The cold and bitter winter quickly approaches.
11.00 Ice Road Rescue
12.00 MT Monster Fish
1.00 AM Lawless Island
2.00 Yukon Vet
3.00 Secrets of the Zoo
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Evil Stepmothers
9.00 Caught in the Net
11.00 The Big Swindle
1.00 PM Disappeared
3.00 Reasonable Doubt
5.00 American Detective with Lt Joe Kenda Double bill.
7.00 Faking It: Tears of a Crime Focusing on the cases of Carol Wardell and Shafiea Ahmed.
8.00 The murder of author Helen Bailey by her partner Ian Stewart, who had earlier helped volunteers in her search.
9.00 Evil Lives Here Lori and Brook have one terrible commonality - Gary Simmons. Gary tortures Lori during their six-year marriage, and later he imprisons and violates Brook. The two women meet for the first time and share their stories.
11.00 Married to Evil
12.00 MT Deadliest Mums & Dads
2.00 AM American Detective with Lt Joe Kenda Double bill.
4.00 to 6.00 AM Faking It: Tears of a Crime

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 Weeks of War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Digging Up Britain's Past: Henry VIII's Lost Palace
2.00 Digging for Britain
3.00 Lost Worlds
4.00 Weeks of War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFOs Declassified An investigation into the Roswell incident in 1947.
8.00 Ancient Superstructures Focusing on The Sphinx. 9.05 The Castle of Chambord.
10.10 History's Greatest Mysteries The hunt for stolen Nazi treasure.
11.10 The Secret Nazi Expeditions How Himmler established a team to research witchcraft.
12.10 AM Ancient Aliens
2.00 Digging for Britain
3.00 Digging Up Britain's Past
4.00 UFOs Declassified
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM Nostradamus: The Truth
8.00 Extreme Engineering
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Cooper's Treasure
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot Russell tracks an unknown creature to a mysterious lake.
8.00 Nostradamus: The Truth Examining the accuracy of Nostradamus' predictions and taking a fresh approach to our view of him and the people he has inspired.
9.00 Salvage Hunters: Classic Cars Featuring a Morris Traveller and a rare Maserati Ghibli.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM Extreme RVs
7.00 Kindig Customs
8.00 Mega Shippers
9.00 Salvage Hunters: Classic Cars
10.00 Motor Pickers
11.00 Shed and Buried
12.00 NOON Outback Car Hunters
1.00 PM Junkyard Empire
2.00 Wheeler Dealers
3.00 Motor Pickers
4.00 Richard Hammond's Workshop
6.00 Salvage Hunters: Classic Cars
7.00 Shed and Buried
8.00 Richard Hammond's Workshop
9.00 Shed and Buried: Classic Cars Henry and Fuzz rummage through two huge sheds of vintage military vehicles.
10.00 Motor Pickers
11.00 Shed and Buried
12.00 MT Richard Hammond's Workshop Motoring series.
1.00 AM Outback Car Hunters
2.00 Iron Resurrection
3.00 Wheeler Dealers
4.00 to 5.00 AM Speed Is the New Black

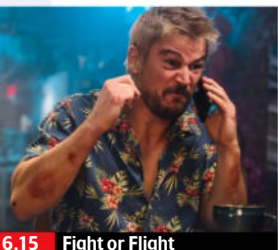
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 7.40 AM Thelma Action comedy. (2024, 12, 98min) ★★★★★
9.30 Harold and the Purple Crayon
11.10 Blood for Dust As 8.00pm.
1.00 PM The Good Half (2023)
2.45 Harold and the Purple Crayon Family adventure. (2024, PG, 87min) ★★★★★
4.30 The Garfield Movie Animation. (2023, U, 101min) ★★★★★
6.15 Fight or Flight Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★★★



6.15 Fight or Flight

- 8.00 Blood for Dust Action thriller starring Scoot McNairy. A travelling salesman finds himself on a dangerous path after a chance encounter with a former colleague. (2023, 18, 98min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
9.45 MaXXXine Horror thriller starring Mia Goth. In 1980s Hollywood, adult film star and aspiring actress Maxine Minx is stalked by a mysterious killer. With Elizabeth Debicki and Kevin Bacon. (2024, 18, 104min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 The Good Half Comedy drama starring Nick Jonas. (2023, 15, 96min) ★★★★★
1.20 AM Rob Peace Drama directed by and starring Chiwetel Ejiofor. (2024, 15, 120min) ★★★★★
3.25 A Place Called Silence Chinese mystery thriller. Subtitled. (2024, 15, 119min)
5.35 to 7.25 AM The Good Half

Sky Cinema Drama

310 410 510 524

- 6.15 AM Speak Like a Child (1998)
7.45 Defiance World War Two drama. (2008, 15, 137min) ★★★★★
10.05 Burlesque As 12.00mt.
12.10 PM Jarhead Military drama. (2005, 15, 123min) ★★★★★
2.25 Jackie Biopic starring Natalie Portman as Jacqueline Kennedy. (2016, 15, 100min) ★★★★★
4.10 Lee Biopic starring Kate Winslet. (2023, 15, 117min) ★★★★★
6.20 Miss Potter Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★★★★
8.00 The Blind Side Fact-based drama starring Sandra Bullock. A wealthy white southerner adopts a homeless black teenager and spurs him on to sporting success. With Quinton Aaron. (2009, 12, 129min) ★★★★★
10.15 The Integrity of Joseph Chambers Survival drama starring Clayne Crawford. (2022, 15, 96min) ★★★★★
12.00 MT Burlesque Musical drama. (2010, 12, 119min) ★★★★★
2.10 AM Speak Like a Child Dark drama. (1998, 18, 80min) ★★★★★
3.40 The Illusionist Period mystery. (2006, PG, 110min) ★★★★★
5.35 to 7.10 AM Widow Clicquot Drama. (2023, 15) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM Zombie Town Comedy horror. (2023, 12, 92min) ★★★★★
7.35 The Secret Kingdom (2023)
9.30 The Invention of Lying Comedy. (2009, 12) ★★★★★
11.25 The Three Musketeers: Milady (2023, 12) ★★★★★
1.25 PM Catch Me If You Can Steven Spielberg's adventure. (2002, 12, 141min) ★★★★★
3.45 It Horror (2017, 15) ★★★★★
6.00 How to Lose a Guy in 10 Days Comedy. (2003, 12) ★★★★★



8.00 Horrible Bosses

- 8.00 Horrible Bosses Comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three friends hatch a plot to get rid of their tyrannical employers. With Colin Farrell, Jennifer Aniston and Kevin Spacey. (2011, 15, 93min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 Snatch Guy Ritchie's crime comedy starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 One Day as a Lion Action thriller starring Scott Caan. (2023, 15, 87min) ★★★★★
1.35 AM Coup! Comedy thriller. (2023, 12, 98min) ★★★★★
3.20 The Secret Kingdom Fantasy. (2023, PG, 98min) ★★★★★
5.15 to 6.00 AM Sky Cinema Preview

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.30 AM Resident Evil: Retribution
8.15 Monolith Mystery thriller. (2022, 15, 90min) ★★★★★
9.55 Zombieland Horror comedy. (2009, 15, 84min) ★★★★★
11.35 Insidious Supernatural thriller. (2010, 15, 103min) ★★★★★
1.25 PM Gravity Space thriller. (2013, 12, 91min) ★★★★★
3.05 The Woman in Black Chiller. (2012, 12, 91min) ★★★★★
4.45 The Purge Horror thriller. (2013, 15, 85min) ★★★★★
6.20 Gothika Horror starring Halle Berry. (2003, 15, 98min) ★★★★★
8.00 Dune: Part Two Sci-fi drama starring Timothee Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
10.55 Resident Evil: Degeneration Animated zombie horror thriller. (2008, 15, 97min) ★★★★★
12.45 AM Resident Evil: Retribution Sci-fi thriller sequel with Milla Jovovich. (2012, 15, 92min) ★★★★★
2.30 Monolith As shown at 8.15am.
4.15 to 6.05 AM Lisa Frankenstein Horror comedy starring Kathryn Newton and Cole Sprouse. (2024, 15, 101min) ★★★★★

Sky Cinema Family

306 406 506 520

- 7.10 AM **Harriet the Spy** (1996)
- 8.55 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
- 10.45 **Charlie and the Chocolate Factory** (2005, PG) ★★★★★
- 12.50 PM **The Flintstones** Comedy. (1994, U, 93min) ★★★
- 2.25 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
- 4.00 **Ghostbusters: Frozen Empire** Comedy. (2023, 12) ★★★
- 6.00 **IF** Fantasy with Ryan Reynolds. (2024, U, 104min) ★★★



9.25 Scooby-Doo 2

- 7.50 **Scooby-Doo** Live-action comedy adventure based on the Hanna-Barbera cartoon series, starring Freddie Prinze Jr and Sarah Michelle Gellar. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.25 **Scooby-Doo 2: Monsters Unleashed** Live-action comedy adventure sequel starring Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard and Linda Cardellini. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.05 **Harriet the Spy** Family comedy adventure. (1996, PG, 97min) ★★★★★
- 12.55 AM **Robo-Dog** Adventure. (2015, PG, 87min) ★★★★★
- 2.30 **Hot Dog Derby** Comedy. (2013, U, 82min) ★★
- 4.00 **Mee-See: The Water Giant** Family fantasy adventure. (2005, PG, 94min) ★★★
- 5.40 to 7.20 AM **The Muppets Take Manhattan** Comedy. (1984, U, 94min) ★★★★★

Sky Cinema Originals

302 402 502 516

- 7.00 AM **Robin and the Hoods**
- 8.45 **Breaking Point** Drama. (2023, 12, 102min) ★★
- 10.30 **Dance First** As 11.00am.
- 12.20 PM **Murder at Yellowstone City** Western starring Gabriel Byrne. (2022, 15, 127min) ★★
- 2.30 **Old Henry** Western thriller. (2021, 15, 99min) ★★★★★
- 4.15 **57 Seconds** Fantasy thriller. (2023, 15, 99min) ★★
- 6.00 **Gunpowder Milkshake** Action thriller starring Karen Gillan, Lena Headey and Carla Gugino. (2021, 15, 114min) ★★
- 8.00 **Fight or Flight** Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★
- 10.00 **Last Seen Alive** Mystery thriller starring Gerard Butler. (2022, 15, 95min) ★★
- 11.40 **Get Away** Comedy horror. (2024, 15, 100min) ★★★★★
- 1.10 AM **Dance First** Drama. (2023, 12, 100min) ★★
- 3.00 **Red Right Hand** Thriller. (2023, 15, 111min) ★★
- 5.00 to 6.50 AM **Robin and the Hoods** Comedy. (2024, PG) ★★

Sky Cinema Action

307 407 507 521

- 6.45 AM **The Flash** As 3.45pm.
- 9.20 **R.I.P.D** Action comedy. (2013, 12, 96min) ★★
- 11.10 **Fast & Furious 6** Action thriller sequel with Vin Diesel. (2013, 12, 125min) ★★
- 1.30 PM **Aquaman and the Lost Kingdom** Fantasy adventure. (2023, 12, 124min) ★★
- 3.45 **The Flash** Fantasy adventure. (2023, 12, 144min) ★★
- 6.15 **Swordfish** Action thriller. (2001, 15, 99min) ★★



10.25 The Italian Job

- 8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With Chris Pine, Connie Nielsen, Robin Wright and David Thewlis. (2017, 12, 121min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.25 **The Italian Job** Crime thriller inspired by the classic 1960s caper film, starring Mark Wahlberg, Charlize Theron and Edward Norton. (2003, 12, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.20 AM **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★
- 2.10 **Poker Face** Crime thriller. (2022, 15, 120min) ★★
- 3.50 **High Heat** Action comedy. (2022, 15, 84min) ★★
- 5.20 to 7.00 AM **The Old Way** Western. (2023, 15, 95min) ★★

Sky Cinema Classics

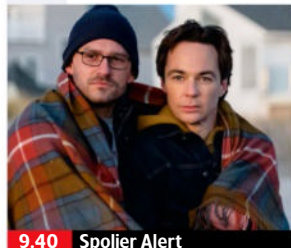
304 404 504 518

- 7.40 AM **Nobody's Fool** Comedy drama starring Paul Newman. (1994, 15, 111min) ★★★★★
- 9.35 **Junior** As shown at 11.55pm.
- 11.35 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★★
- 2.00 PM **Superman II** Fantasy sequel. (1980, PG, 127min) ★★
- 4.10 **Superman III** Fantasy sequel starring Christopher Reeve. (1983, PG, 123min) ★★
- 6.20 **Wayne's World** Comedy with Mike Myers and Dana Carvey. (1992, PG, 95min) ★★★★★
- 8.00 **Wayne's World 2** Comedy sequel starring Mike Myers and Dana Carvey. Cable TV show hosts Wayne and Garth discover their destiny is to stage a huge rock concert – Waynestock. (1993, PG, 95min) ★★
- 9.55 **Twins** Action comedy starring Arnold Schwarzenegger and Danny DeVito as unlikely twins. (1988, PG, 107min) ★★
- 11.55 **Junior** Family comedy. (1994, PG, 110min) ★★
- 2.00 AM **National Lampoon's Animal House** Comedy. (1978, 15, 109min) ★★★★★
- 4.05 **Sky Cinema Preview**
- 5.05 to 7.10 AM **Howard the Duck** Sci-fi comedy. (1986, PG) ★★

Sky Cinema Comedy

308 408 508 522

- 7.10 AM **The Brits Are Coming**
- 8.45 **The First Wives Club** Comedy. (1996, PG, 102min) ★★
- 10.30 **Blades of Glory** Comedy. (2007, 12, 93min) ★★
- 12.05 PM **Knocked Up** Comedy. (2007, 15, 129min) ★★★★★
- 2.15 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★★
- 4.25 **Click** Fantasy comedy. (2006, 12, 103min) ★★★★★
- 6.15 **Game Night** Black comedy. (2018, 15, 100min) ★★★★★



9.40 Spoiler Alert

- 8.00 **Big Daddy** Comedy starring Adam Sandler as a law school graduate who adopts a five-year-old boy to impress his girlfriend. With Joey Lauren Adams and Kristy Swanson. (1999, 12, 95min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.40 **Spoiler Alert** Comedy drama with Jim Parsons and Ben Aldridge. A gay couple's relationship takes a tragic turn when one of them is diagnosed with terminal cancer. (2022, 15, 112min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.40 **Snow Day** Family comedy. (2000, PG, 89min) ★★
- 1.15 AM **The Brits Are Coming** Crime caper starring Uma Thurman. (2018, 15, 90min) ★
- 2.55 **The Producers** Screen version of Mel Brooks' stage musical. (2005, 12, 134min) ★★
- 5.15 to 7.05 AM **The Back-Up Plan** Romantic comedy. (2010, 12, 100min) ★★

Sky Cinema Animation

305 412 500 514

- 6.15 AM **Mia and Me: The Hero of...**
- 7.45 **The Lego Batman Movie** Animation. (2017, U) ★★★★★
- 9.35 **10 Lives** Animated comedy. (2024, U, 98min) ★★
- 11.10 **Rock Dog** As 10.25pm.
- 12.45 PM **Trolls Band Together** Animated family musical. (2023, U, 91min) ★★
- 2.25 **The Nut Job** Animated comedy. (2014, U, 85min) ★★
- 4.00 **Migration** Animated comedy. (2023, U, 83min) ★★
- 5.35 **Antz** Animated comedy. (1998, PG, 83min) ★★
- 7.05 **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG, 99min) ★★★★★
- 8.50 **Extinct** Animated adventure. (2021, U, 84min) ★★
- 10.25 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★
- 12.00 **MT The Inseparables** Animated family adventure. (2023, U, 90min) ★★
- 1.35 AM **Mia and Me: The Hero of Centopia** Animated adventure. (2022, U, 85min) ★★
- 3.10 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
- 4.50 to 6.35 AM **The Inventor** Animation. (2023, PG) ★★

Sky Cinema Thriller

309 409 509 523

- 6.40 AM **Barber** As 12.45am.
- 8.25 **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★
- 10.50 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★
- 1.10 PM **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★
- 3.25 **The Accountant** Thriller. (2016, 15, 123min) ★★
- 5.45 **The Sum of All Fears** Action thriller starring Ben Affleck. (2002, 12, 119min) ★★★★★



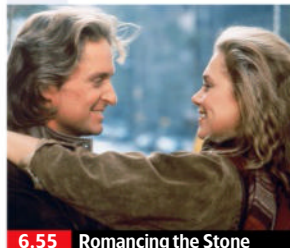
10.40 We Own the Night

- 8.00 **The Da Vinci Code** Conspiracy thriller based on the bestseller by Dan Brown, starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.40 **We Own the Night** Crime drama starring Joaquin Phoenix. A New York nightclub manager goes undercover for the police to break a Russian narcotics syndicate. (2007, 15, 117min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.45 AM **Barber** Mystery drama. (2023, 15, 90min) ★★
- 2.30 **Child 44** Detective thriller. (2015, 15, 134min) ★★
- 4.55 to 6.45 AM **Caddo Lake** Thriller. (2024, 12) ★★

Film4

313 855 428 14 300

- **Films start at 11.00am**
- 11.00 AM **Against the Wind** Thriller. (1947, b/w, PG, 92min) ★★★★★
- 12.55 PM **The Smallest Show on Earth** Vintage comedy. (1957, b/w, U, 80min) ★★★★★
- 2.35 **The Mouse That Roared** Comedy. (1959, U) ★★★★★
- 4.15 **The Quiet Man** John Ford's drama. (1952, U, 129min) ★★
- 6.55 **Romancing the Stone** Romantic adventure. (1984, 12, 105min) ★★★★★



6.55 Romancing the Stone

- Romancing the Stone** (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.00 **Kingsman: The Golden Circle** Comedy adventure sequel starring Taron Egerton and Colin Firth. Secret agents Eggsy and Merlin join forces with their US counterparts to bring down a psychotic femme fatale. With Mark Strong and Julianne Moore. (2017, 15, 141min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.50 **Paul** Sci-fi comedy starring Simon Pegg and Nick Frost. A couple of sci-fi fans go on a tour of America's UFO hotspots and pick up an extraterrestrial hitchhiker. (2011, 15, 104min) ★★★★★
- 1.55 to 4.00 AM **Been So Long** Drama starring Michaela Coel. (2018, 15, 100min) ★★

+1 hour 314 430 47 301

Movies 24

312 419

- 7.00 AM **Game, Set, Love** Romantic comedy. (2022, PG, 84min) ★★
- 9.00 **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★
- 11.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
- 1.00 PM **Moriah's Lighthouse** Comedy. (2022, PG, 84min) ★★
- 3.00 **Something's Brewing** Romance with Kristi Murdock. (2023, PG, 89min) ★★
- 5.00 **The Professional Bridesmaid** Romantic drama starring Hunter King. (2023, PG, 90min) ★★
- 7.00 **Love's Playlist** Romantic comedy drama starring Skye Coyne and Travis Laughlin. (2023, PG, 85min) ★★
- 9.00 **The Journey Ahead** Comedy starring Holly Robinson Peete and Kaylee Bryant. A movie star flees the worst day of her life after a chance encounter with a stranger running from her past. (2022, PG, 102min) ★★
- 11.00 **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
- 1.00 AM **A Harvest Homecoming** Drama. (2023, PG, 85min) ★★
- 3.00 to 5.00 AM **North to Home** Drama. (2022, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

- 6.00 AM **The Lone Wolf Strikes** Thriller. (1940, b/w, PG) ★★
- 7.20 **There Is Another Sun** Drama. (1951, b/w, PG, 95min) ★★
- 9.15 **It's a Wonderful World** Musical comedy. (1956, U, 89min) ★★
- 11.00 **The History of Shippams**
- 11.25 **Assignment Paris** Thriller. (1952, U, 85min) ★★★★★
- 1.10 PM **The Dark Man** Thriller. (1950, b/w, U, 91min) ★★
- 2.50 **The Boys** Courtroom drama. (1962, b/w, PG, 123min) ★★
- 5.20 **Never Back Losers** 6/11. (S2)
- 6.30 **Colonel March of Scotland Yard**
- 7.05 **Batman** 33/34. (S1)
- 7.35 **Dial 999** 5/39. (S1)
- 8.05 **Rumpole of the Bailey** 5/6. The barrister defends his doctor. (S6)
- 9.15 **Love for Lydia** 5/13. (S1)
- 10.20 **Cellar Club with Caroline Munro**
- 10.25 **The Believers** Occult thriller with Martin Sheen and Helen Shaver. (1987, 18, 113min) ★★
- 12.40 AM **Cellar Club with Caroline...**
- 12.45 **The Deep** Adventure. (1977, 15, 123min) ★★
- 3.15 **Cellar Club with Caroline Munro**
- 3.20 **Richard's Things** Drama. (1981, 12, 100min) ★★
- 5.20 **Look at Life**
- 5.30 to 6.00 AM **The Beverly Hillbillies**

Sky Sports Main Event

401 511 501 419 439

- 6.00 AM Sky Sports News
7.00 Good Morning Sports Fans
10.00 The Football Show
12.00 NOON Lunchtime Live
2.00 PM **LIVE WPL Mumbai**
Indians v Royal Challengers Bengaluru. Coverage of the women's T20 match staged at Brabourne Stadium in Mumbai.
5.30 Sports Centre
6.00 **LIVE WTA & ATP Tennis**
Coverage of day seven of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California.
7.30 **LIVE EFL Sheffield United v Bristol City.** Coverage of the Championship match staged at Bramall Lane. Kick-off 8.00pm.
10.30 **LIVE WTA & ATP Tennis**
Further coverage of the seventh day of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden in California.
1.00 AM **LIVE WTA & ATP Tennis**
Continued coverage of the seventh day's play of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California.
5.00 to 6.00 AM Sky Sports News

Sky Sports Premier League

402 512 502 420 440

- 6.00 AM PL Greatest Games
7.00 MNF Hits Action from West Ham United v Newcastle United.
7.30 Premier League Highlights
9.00 SNF Brentford v Aston Villa.
9.30 MNF Hits Action from West Ham United v Newcastle United.
10.00 The Football Show
12.00 NOON Gary Neville's Soccerbox Double bill.
1.00 PM Premier League Highlights Chelsea v Leicester City.
1.30 Tottenham v Bournemouth.
2.00 Manchester Utd v Arsenal.
2.30 Liverpool v Southampton.
3.00 Brighton v Fulham.
3.30 Crystal Palace v Ipswich.
4.00 SNF Brentford v Aston Villa.
4.30 MNF Hits Action from West Ham United v Newcastle United.
5.00 Premier League Highlights Manchester United v Arsenal.
5.30 Premier League Review
6.30 Netbusters Recent action.
7.00 Gillette Soccer Special
10.30 Netbusters Recent action.
11.00 Premier League Years
1.00 AM PL Retro Archive action.
3.00 PL Greatest Games
4.00 Premier League Best Goals
5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 513 503 421 441

- 6.00 AM Championship Retro
8.00 EFL Greatest Games
10.00 EFL Cup The 2017 final.
11.00 EFL A 2008/09 play-off final.
12.00 NOON EFL Highlights
12.30 PM Bundesliga Highlights Show
1.30 EFL Highlights Championship.
4.30 Bundesliga Highlights Show
5.30 EFL Highlights Championship.
7.30 **LIVE EFL Sheffield United v Bristol City.** Coverage of the Championship match at Bramall Lane. United are among the favourites for promotion and earned a 2-1 win in dramatic style when the teams met at Ashton Gate in November. Anis Mehmeti gave City a 1-0 lead from the penalty spot with just 15 minutes to go, but Ryan Oni equalised 11 minutes later and then there was drama in stoppage time, with Robert Dickie receiving a red card for Bristol City, before Harrison Burrows grabbed a last-gasp winner. Kick-off 8.00pm.
10.30 EFL Cup Highlights
11.30 EFL Greatest Games
12.00 M'T EFL The 2020/21 play-offs.
3.00 AM EFL Greatest Games
4.00 to 6.00 AM Retro League One

Sky Sports Cricket

404 514 504 422 442

- 6.00 AM WPL Action from India.
7.00 IPL Highlights from 2024.
8.00 ICC Men's T20 World Cup
9.00 WPL Mumbai Indians v Gujarat Giants at Brabourne Stadium.
10.00 ICC Champions Trophy Cricket
11.00 WPL Highlights from India.
1.50 PM **LIVE WPL Mumbai**
Indians v Royal Challengers Bengaluru. Coverage of the women's T20 match staged at Brabourne Stadium in Mumbai.
5.30 Best of ICC WT20
6.00 History of the ICC Champions Trophy A look back at previous editions of the tournament.
7.00 ICC Champions Trophy Cricket
8.00 WPL Action from Mumbai Indians v Royal Challengers Bengaluru.
9.00 History of the ICC Champions Trophy Archive action.
10.00 IPL Sunrisers Hyderabad v Punjab Kings staged at Rajiv Gandhi International Stadium, Hyderabad.
11.00 WPL Action from Mumbai Indians v Royal Challengers Bengaluru.
12.00 M'T ICC Men's T20 World Cup
1.00 AM WPL Mumbai Indians v Royal Challengers Bengaluru.
4.40 Ashes Greats Action from 2001.
5.00 to 6.00 AM IPL Highlights

Sky Sports Golf

405 515 505 423 443

- 6.00 AM The Players: Golden Era
7.00 DP World Tour Golf
7.30 Icons Series Golf Highlights.
8.30 Players Championship 2019
10.00 DP World Tour Golf
10.30 PGA Tour Golf Recent action.
11.30 McGinley & Chamblee at the Players From TPC Sawgrass.
1.00 PM Live from the Players Championship The latest news ahead of the tournament at Ponte Vedra Beach, Florida.
9.00 The Players Championship
9.30 PGA Tour Golf Highlights from the Puerto Rico Open.
10.30 Ladies European Tour Golf Highlights of the Australian WPGA Championship in Queensland.
11.30 The Players Championship Official Film Action from 2019.
12.30 AM PGA Tour Golf
2.30 Ladies European Tour Golf
3.30 DP World Tour Golf
4.00 to 6.00 AM The Players Championship Official Film

Sky Sports Tennis

407 517 507 425 445

- 6.00 AM Bitesize Tennis
6.15 Frances Tiafoe Podcast 2024
6.30 Tie Break Tens Highlights.
7.30 Mirra Andreeva Podcast 2024
7.45 Bitesize Tennis Recent action.
8.00 WTA & ATP Tennis Indian Wells.
12.00 NOON ATP Tennis Highlights.
1.00 PM Tie Break Tens
2.00 WTA & ATP Tennis Indian Wells.
6.00 **LIVE WTA & ATP Tennis**
Coverage of day seven of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California.
1.00 AM **LIVE WTA & ATP Tennis**
Further coverage of day seven of the Indian Wells Open at Indian Wells Tennis Garden in California.
5.00 to 6.00 AM WTA Tennis

Sky Sports Mix

416 873 510 429 449

- 6.00 AM Top Rank Boxing Archive
8.00 The Rugby Championship
12.00 NOON WPL Recent action.
1.50 PM **LIVE WPL Mumbai**
Indians v Royal Challengers Bengaluru. Coverage of the women's T20 match staged at Brabourne Stadium in Mumbai.
5.30 Best of ICC WT20
5.45 Fight Night Jonas v Price.
6.45 Top Rank Boxing Archive
7.15 Formula 1 Australian Grand Prix.
9.30 Top Rank Boxing Archive
11.00 **LIVE NCAA Basketball**
Coverage of the Horizon League Championship match at Corvallis Coliseum. Tip-off is at 11.00pm.
1.00 AM **LIVE NCAA Basketball**
Coverage of the West Coast Conference Championship match staged at Orleans Arena in Las Vegas, Nevada. Tip-off 1.00am.
3.00 The Rugby Championship
5.00 to 6.00 AM Fight Night

Sky Sports F1

406 516 506 424 444

- 6.00 AM Formula 1 From Australia.
9.00 The F1 Show: Season Preview
10.00 Formula 1 Australian Grand Prix.
1.15 PM The F1 Wheelchair
1.30 Formula 1 Season highlights.
2.00 The Australian Grand Prix.
4.00 The F1 Show: Season Preview
5.00 Formula 1 A chance to see the 2022 Australian Grand Prix.
7.15 Formula 1 Season highlights.
7.30 The F1 Show: Season Preview
8.30 IndyCar Action from Florida.
9.30 Formula 1 Australian Grand Prix.
12.45 AM How To Keep Cool In F1?
12.55 F1 Explained: Weather Radar
1.00 to 6.00 AM The Home of F1

TNT Sports 1

410 870 521 408 430

- 6.00 AM Premier League Review
7.00 Serie A Action from Italy.
9.00 Premiership Rugby Cup
11.00 Premier League Review
12.00 NOON Superbike Rewind
12.15 PM **LIVE Cycling** Coverage of the second stage of the Tirreno Adriatico, a route of 189km.
3.15 PM **LIVE Cycling** Coverage of stage three of the Paris-Nice, a 28.4km time-trial from Circuit Nevers Magny-Cours to Nevers.
3.45 TNT Sports Cricket Reload
4.00 UEFA Champions League
5.00 **LIVE UEFA Champions**
League Barcelona v Benfica. Coverage of the last-16 second-leg from Estadi Olimpic Lluis Companys. Kick-off 5.45pm.
8.00 **LIVE UEFA Champions**
League Bayer Leverkusen v Bayern Munich. Coverage of the last-16 second-leg staged at BayArena. Kick-off 8.00pm.
10.30 UEFA Champions League
11.30 Premier League Reload
11.45 Fight Week UFC 313 review.
12.15 AM UFC Connected
12.45 Training Day From Brighton.
1.00 Fishing: On the Bank
2.00 to 6.00 AM AFL

TNT Sports 2

411 871 522 409 431

- 6.00 AM AFL A chance to see Gold Coast Suns v Essendon Bombers.
8.00 AFL Another chance to see GWS Giants v Collingwood Magpies.
10.00 Cycling Recent highlights.
12.00 NOON Vendee Globe
1.00 PM Sign Up - Into Football
1.45 **LIVE Cycling** Coverage of stage three of the Paris-Nice, a 28.4km time-trial from Circuit Nevers Magny-Cours to Nevers.
3.45 SailGP - Racing on the Edge
4.15 Discovery Golf
4.45 Snooker World Grand Prix
6.45 Sign Up - Into Football
7.30 **LIVE UEFA Champions**
League Inter Milan v Feyenoord. Coverage of the last-16 second-leg staged at the San Siro. Kick-off 8.00pm.
10.00 Premier League Netbusters
10.30 NBA on Fire The latest news.
11.00 NBA Tip-Off Match previews.
11.30 **LIVE NBA Indiana Pacers v Milwaukee Bucks.** The Eastern Conference match at Gainbridge Fieldhouse. Tip-off 11.00pm.
2.00 AM NBA on TNT Postgame
3.00 Cycling Recent action.
5.00 to 6.00 AM Fishing: On the Bank

TNT Sports 3

413 874 523 410 432

- 6.00 AM Isuzu UTE A-League
11.00 Champions League Magazine
11.30 **LIVE Freestyle Skiing** The mixed moguls in Livigno, Italy.
1.00 PM Classic Premier League
2.00 Champions League Magazine
2.30 Serie A Highlights from Italy.
4.30 In My Blood With Cole Palmer.
4.45 Rio Ferdinand Meets
5.00 A-League Women Highlights
5.30 Isuzu A-League Highlights
6.00 Premier League Features
7.30 Training Day Nottingham Forest.
7.45 **LIVE UEFA Champions**
League Bayer Leverkusen v Bayern Munich. Coverage of the last-16 second-leg staged at BayArena. Kick-off 8.00pm.
10.30 Premier League Review
11.30 Ally's Social Club
12.00 M'T UEFA Champions League
3.00 AM A-League Highlights
4.00 Fight Week UFC 313 review.
4.30 UFC Connected
5.00 to 6.00 AM Champions League

TNT Sports 4

414 876 524 411 434

- 6.00 AM Cycling Recent action.
8.00 Women's One-Day International Cricket
9.00 Fishing: On the Bank
10.00 Snooker World Grand Prix
12.00 NOON UEFA Europa League & Conference League Magazine
1.00 PM NBA Pelicans v Clippers.
2.30 NBA on Fire The latest news.
3.00 Premier League Legends
3.30 Premiership Rugby Cup
5.30 Vendee Globe Highlights
6.30 SailGP - Racing on the Edge
7.00 Cycling Tirreno Adriatico.
8.00 Paris-Nice third stage.
9.00 Fishing: On the Bank
10.00 Fight Week UFC 313 review.
10.30 UFC Connected
11.00 Isuzu A-League Highlights
11.30 A-League Women Highlights
12.00 M'T Premiership Rugby Cup
2.00 AM Women's One-Day International Cricket
5.00 SailGP: Racing on the Edge
5.30 to 6.00 AM NBA on Fire

Sky Sports Action

408 517 507 426 446

- 6.00 AM Super League Highlights
7.00 Fight Night International
9.00 Super League Highlights
10.00 Top Rank Boxing Archive
Another chance to see Marvin Hagler v Roberto Duran in 1983.
11.30 A replay of Marvin Hagler v Thomas Hearns from 1985.
12.00 NOON Super League Highlights Top-flight action.
1.00 PM The Rugby Championship New Zealand v Argentina from 2024 at Sky Stadium, Wellington.
3.00 Fight Night International Junto Nakatani v David Cuellar Contreras at Ariake Arena, Tokyo.
4.00 Super League Highlights
5.00 Top Rank Boxing Archive A replay of Sugar Ray Leonard v Roberto Duran from 1980.
6.30 Super League Another chance to see Hull FC v Leigh Leopards.
9.15 Super League Highlights
10.00 The Rugby Championship New Zealand v Argentina from 2024 at Sky Stadium, Wellington.
12.00 M'T Top Rank Boxing Archive
2.30 AM Super League Highlights
3.15 Top Rank Boxing Archive
4.00 Super League Highlights
4.45 to 6.00 AM Top Rank Boxing Archive

Sky Sports Sky Sports+

412 518 508 427 447

- 6.00 AM Sky Sports News
7.00 Good Morning Sports Fans
10.00 The Football Show
12.00 NOON Lunchtime Live
2.00 PM Sports Desk
5.00 Sports Centre
7.00 Gillette Soccer Special The team are on hand to provide all the latest updates and analysis ahead of the night's games.
7.30 EFL Greatest Games AFC Wimbledon v Plymouth Argyle from the 2015/16 season.
7.35 **LIVE EFL Burnley v West Bromwich Albion.** Coverage of the Championship match staged at Turf Moor. Kick-off 7.45pm.
9.45 **LIVE WTA & ATP Tennis**
Coverage of day seven of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, where the fourth-round matches in the men's and women's singles competitions are scheduled to take place. Alexander Zverev and Coco Gauff were among the victors at this stage last year, overcoming Alex de Minaur and Elise Mertens respectively.
3.00 to 6.00 AM Sky Sports News

Premier Sports 1

419 551

- 6.00 AM LaLiga Specials
7.00 Sporting Countdowns
7.30 URC in 60 Highlights.
8.30 Asian Le Mans Series
9.30 Football Recent action.
11.00 World Surf League
12.00 NOON LaLiga Highlights
1.00 PM Transworld Sport Magazine.
2.30 LaLiga News
2.30 Sporting Countdowns
3.00 Champions Cup Highlights
4.00 LaLiga Highlights
5.00 Asian Le Mans Series
6.00 Viva LaLiga The latest news.
7.30 Top 14 Rugby Union Highlights
8.00 NASCAR Highlights
9.00 Scottish Football Social Club
10.00 LaLiga Highlights
11.00 World Surf League
12.00 M'T **LIVE NHL Ice Hockey** Winnipeg Jets v New York Rangers. Face-off 1.00am.
3.00 AM NASCAR Highlights
4.00 Sporting Countdowns
5.00 to 6.00 AM URC in 60

Premier Sports 2

420 552

- 6.00 AM United Rugby Championship A match replay.
8.00 Swedish Hockey League
10.00 Bike World Magazine.
10.30 Football's Greatest
11.00 NHL Ice Hockey
1.00 PM LaLiga Getafe v Atletico.
3.00 Africa Eco Race
4.00 LaLiga Another chance to see Real Madrid v Rayo Vallecano.
6.00 GP Confidential The latest news.
6.30 Football's Greatest
7.00 LaLiga Barcelona v Osasuna.
9.00 Bike World Magazine.
9.30 GP Confidential The latest news.
10.00 Africa Eco Race Highlights.
11.00 **LIVE NHL Ice Hockey Boston** Bruins v Florida Panthers. Coverage of the Eastern Conference match staged at TD Garden. Face-off 12.00m't.
2.00 AM NHL: This is Hockey
2.30 Bike World Magazine.
3.00 NHL Tonight Top 50 players.
4.00 to 6.00 AM Top 14 Highlights

Wednesday

12 March

Evening Planner

Wednesday

Football

LIVE!



Champions League

TNT Sports, kick-offs 8pm

Both Arsenal and Aston Villa are playing to stay in the competition, with second-leg matches against Club Brugge and PSV.

Drama



A Cruel Love: The Ruth Ellis Story

ITV1, 9pm (box set, ITVX)

As the fact-based drama continues, the court hears how Ruth came to kill David.

Nature

NEW



Birdsong

BBC4, 9pm

This documentary follows bird expert Seán Ronayne as he attempts to record the birdsong of every species in Ireland.

Documentary



Mysteries Unearthed with Danny Trejo

Sky History, 10pm

The Hollywood actor learns of amazing finds concealed beneath our feet.

SKY EVENING TIME 7.00PM 7.30PM 8.00PM 8.30PM 9.00PM 9.30PM 10.00PM 10.30PM

FAVOURITES

101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop	9.00 Amandaland	9.30 Am I Being...	10.00 News	10.40 UEFA...
102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Great British Menu	9.00 Surgeons: At the Edge of Life		10.00 What We Do...	10.30 Newsnight
103 ITV1	6.30 News	7.30 Emmerdale	8.00 Coronation Street	9.00 A Cruel Love: The Ruth Ellis Story		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It	9.00 Get Millie Black		10.00 Celebrity Gogglebox	
105 CHANNEL 5	7.00 Electric Cars: Shop Smart, Save Money		8.00 Internet Shopping Scams: Don't Get...	9.00 The Au Pair		10.00 Prime Suspect: Hunting the Predators	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year	9.00 Rob Beckett's Smart TV	9.45 Rob & Ramesh vs F1		

ENTERTAINMENT

115 BBC3	7.00 Dynasties II		8.00 Top Gear	9.00 Liar: The Fake Grooming Scandal	10.00 Suits
116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 Easter Island Origins	9.00 Birdsong	10.00 The Ruth Ellis Files: A Very British...
118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win	9.00 Hell's Kitchen	10.00 Olivia Attwood: Getting Filthy Rich
136 MORE4	6.55 Car S.O.S.		7.55 Grand Designs	9.00 Griff's Great Australian Rail Trip	10.00 Car S.O.S.
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia		9.00 Love Triangle UK	10.05 First Dates
107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted	9.00 The Equalizer	10.00 Elsbeth
108 SKY ATLANTIC	6.45 Six Feet Under		7.50 Game of Thrones	9.00 The White Lotus	10.10 Homicide: Life on the Street
110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army: The Lost Episodes		9.00 Gavin & Stacey	10.15 The Fast Show
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games		9.00 QI XL	10.00 Have I Got a Bit More News for You
119 ITV3	6.55 Heartbeat		8.00 Grace		10.00 Endeavour
120 ITV4	7.00 Cycling: Paris-Nice Highlights		8.00 Film: The Man with the Golden Gun		10.35 River...
112 COMEDY CENTRAL	7.00 Friends			9.00 Alan Carr: Yap, Yap, Yap!	10.00 8 Out of 10 Cats
139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead
113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own US Road Trip	9.00 Rob Beckett's Smart TV	9.45 Rob & Ramesh vs F1
109 U&ALIBI	7.00 The Mentalist		8.00 White Collar	9.00 Miss Scarlet	10.00 Death in Paradise
130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Landscape Artist of the Year		10.00 Bill Bailey's Master Crafters: The Next...
132 U&W	7.00 MasterChef USA		8.00 Cops on the Rock	9.00 Hungry for It	10.15 Reclaiming Amy

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Gold Divers	10.00 Filthy Fortunes
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees	8.00 How Sharks Hunt	9.00 Sharktacular 2016	10.00 Edge of Alaska
129 NAT GEO	7.00 Air Crash Investigation	8.00 Car S.O.S.		10.00 No Taste Like Home with Antoni...
123 SKY HISTORY	7.00 Forged in Fire Tournament of...	8.00 UFOs: The Lost Evidence	9.00 Tales from Oak Island	10.00 Mysteries Unearthed with Danny Trejo
155 U&YESTERDAY	7.00 Speed with Guy Martin	8.00 Great Coastal Railway Journeys	9.00 Great Canal Journeys	10.00 Bangers & Cash
121 SKY DOCS	7.00 We are Wigan Warriors	8.00 Eyes on the Prize III	9.00 McLaren	

FILMS - Sky Cinema

301 PREMIERE	6.15 The Good Half	8.00 Blood for Dust	9.45 Fight or Flight
302 ORIGINALS	6.00 The Radleys	8.00 Retribution	9.45 The Beekeeper
303 HITS	6.00 The Equalizer 3	8.00 Baby Driver	10.00 Constantine
304 CLASSICS	6.25 Ace Ventura Pet Detective	8.00 Ace Ventura: When Nature Calls	9.50 HouseSitter
305 ANIMATION	7.10 Dr Seuss' The Lorax	8.45 Dragon Rider	10.25 Rock Dog 2: Rock...
306 FAMILY	7.05 Bean	8.50 Addams Family Values	
307 ACTION	6.20 The Scorpion King	8.00 Justice League	10.05 Godzilla x Kong: The New Empire
308 COMEDY	6.05 Dumb and Dumber To	8.00 O Brother, Where Art Thou?	9.55 The Producers
309 THRILLER	5.40 Marnie	8.00 Angels & Demons	10.20 Caddo Lake
310 DRAMA	6.00 Eternal Sunshine of the Spotless Mind	8.00 Dallas Buyers Club	10.05 Ray
311 SCI-FI	6.05 The Purge: Anarchy	8.00 Five Nights at Freddy's	10.00 Hollow Man
313 FILM4	6.45 I, Robot		9.00 Vengeance

SPORT

401 MAIN EVENT	5.30 Tennis - Live	7.30 EFL - Live: Stoke City v Blackburn Rovers (Kick-off 8.00)	10.30 Tennis - Live
402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special		10.30 PL Stories
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL - Live: Stoke City v Blackburn Rovers (Kick-off 8.00)	10.30 EFL Highlights
404 CRICKET	7.00 History of the ICC Champions Trophy	8.00 WPL	9.00 ICC Champions Trophy Cricket
410 TNT SPORTS 1	7.00 UEFA Champions League - Live: Arsenal v PSV Eindhoven (Kick-off 8.00)		10.30 UEFA...
411 TNT SPORTS 2	7.00 UEFA Champions League - Live: Aston Villa v Club Brugge (Kick-off 8.00)		10.30 Stories from...

◀ Denotes programmes starting before 7.00pm † Regions vary

BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Crimewatch Live **New edition** (S)
11.30 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Clean It, Fix It **New edition**
 The team help a retired nurse. (S)
2.30 Money for Nothing (S)(R)
3.00 Escape to the Country (S)(R)
3.45 Make It at Market **New edition**
 Featuring a potter from London and a jewellery artist from Devon. (S)
4.30 The Finish Line **New edition**
 Quiz show hosted by Roman Kemp and Sarah Greene. (S)
5.15 Pointless Quiz show. (S)(R)
6.00 BBC News (S)
6.30 Local News (S)



9.30 Am I Being Unreasonable?

- 7.00** The One Show
 Alex Jones presents topical stories and celebrity chat. (S)
7.30 EastEnders
 Sonia comes face to face with an unexpected visitor, while Zack and Sharon receive some startling information. (S)(AD)

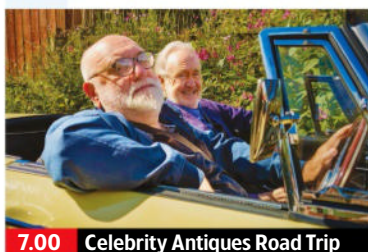
- 8.00** The Repair Shop
New edition The team restore a zoetrope – a groundbreaking form of Victorian entertainment – along with a pair of dilapidated designer chairs, a Buddha statue and some step-dancing boots. (S)(AD)

- 9.00** Amandaland
Series finale 6/6. Amanda organises an awards night. (S1)
 ■ Entire series on BBC iPlayer
9.30 Am I Being Unreasonable?
Series finale 6/6. A death reunites Nic and Jen. (S2) (S)
 ■ Entire series on BBC iPlayer

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Match of the Day: Champions League
 Highlights from the last-16 second-leg ties, including Aston Villa v Club Brugge, Arsenal v PSV Eindhoven, Liverpool v Paris Saint-Germain and Atletico Madrid v Real Madrid. (S)
12.00 M'T The Six Nations Greatest Moments **New edition** A look back at the return of England star Jonny Wilkinson in 2007, and the heroics of Alun Wyn Jones as Wales won the 2008 Grand Slam. With celebrity fans Kiri Pritchard-McLean and Ardal O'Hanlon. (S)
12.30 AM Weather for the Week Ahead Seven-day forecast. (S)
12.35 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Bargain Hunt (S)(R)
7.15 Make It at Market (S)(R)(AD)
8.00 Sign Zone: Celebrity Antiques Road Trip With Dominic Littlewood and Melinda Messenger. (S)(R)
9.00 BBC News (S)
11.15 Politics Live (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz show. (S)(R)
3.15 The Farmers' Country Showdown
3.45 Eva Longoria: Searching for Mexico Double bill. (S)(R)(AD)
5.10 Beechgrove Repotted (S)
5.15 Flog It! From St Albans Cathedral and Abbey, Hertfordshire. (S)(R)
6.00 Richard Osman's House of Games Quiz show. (S)(R)
6.30 Great Continental Railway Journeys **New edition** 3/20.
 A route from Knin to Split. (S)(AD)



7.00 Celebrity Antiques Road Trip

- 7.00** Celebrity Antiques Road Trip
New edition Alexei Sayle and Nigel Planer head to Northumberland to face off in the world of antiques, joined by experts Natasha Raskin Sharp and James Braxton. (S)

- 8.00** Great British Menu
New edition The remaining three chefs from Northern Ireland compete over mains and desserts, which celebrate great Britons of the past. With judge Lisa Goodwin-Allen. (S)
 ■ Continues tomorrow

- 9.00** Surgeons: At the Edge of Life
New edition 3/6. Consultant cardiothoracic surgeon Renzo Pessotto takes on the case of a 78-year-old with a failing heart and a rare tissue disorder, affecting just one per cent of the population. (S)(AD)

- 10.00** **NEW SERIES** What We Do in the Shadows
The Mail: 1/10. The vampires discover the mall. (S5) (S)(AD)
 ■ Entire series on BBC iPlayer
10.25 Harry Hill's Lonely Island (R)
10.30 Newsnight (S)

- 11.00** Weather (S)
11.05 Unspun World with John Simpson A look at the week's major global news stories. (S)
11.35 Israel and the Palestinians: The Road to 7th October (S)(R)(AD)
12.35 AM Sign Zone: Great British Menu Four chefs compete for central and eastern England. (S)(R)
1.35 Sign Zone: Death in Paradise (R)
2.35 Sign Zone: Imagine – The Academy of Armando (S)(R)(AD)
3.35 to **6.30** AM Previews (S)

ITV1

- 103** **103** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine Entertainment, current affairs and fashion news. (S)
10.00 This Morning Celebrity chat, advice and lifestyle features. (S)
12.15 PM ITV News (S)
12.35 Local News (S)
12.45 **LIVE** Racing: Cheltenham
 Festival Ed Chamberlin presents coverage of day two, including the 4.00 BetMGM Queen Mother Champion Steeple Chase, plus races at 1.20, 2.00, 2.40, 3.20 and 4.40. With analysis from AP McCoy, Ruby Walsh, Megan Nicholls and Luke Harvey, and commentary by Richard Hoiles. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



8.00 Coronation Street

- 7.30** Emmerdale
 Steph demands answers and panics Caleb, Marlon feels torn over what to do, while Manpreet is being blackmailed and watched. (S)(AD)

- 8.00** Coronation Street
 Lisa informs Carla that a body has been found, Alya asserts her authority to her new business partner, and Tracy forces Tommy to choose between her and a job. (S)(AD)

- 9.00** A Cruel Love: The Ruth Ellis Story
New episode 2/4. Ruth faces criminal charges and the prejudices of the British legal system. Stars Lucy Boynton. See feature, page 7. (S1) (S)(AD)
 ■ Entire series on ITVX

- 10.00** ITV News (S)
10.30 Local News (S)
10.45 The 1% Club
 Quiz hosted by Lee Mack in which 100 contestants in every show have a chance of winning up to £100,000. (S)(R)

- 11.40** Who Wants to Be a Millionaire?
 Big-prize quiz show hosted by Jeremy Clarkson. (S)(R)
12.45 AM Teleshopping
3.00 Long Lost Family Special: The Spanish Baby Scandal The team meet with two women who believe babies were stolen from their families at birth. (S)(R)
3.50 Unwind with ITV (S)
5.00 to **6.00** AM Wheel of Fortune Game show. (S)(SL)(R)(AD)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **108** **4** **104** **104/106**
- 6.25** AM Cheers 19–22/26. (S4) (S)(R)
8.10 Everybody Loves Raymond (S)(R)
9.10 Frasier 20–23/24. (S10) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Seattle. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun Tony and Bev bring an arts and crafts lounge to Andalucia. (S)(R)
5.00 Four in a Bed **New edition** The B&Bers head to The Lord Bute in Dorset for the week's third visit. (S)
5.30 Come Dine with Me **New edition** Spiritual vegan Charlotte hosts the third night in Cardiff. (S)
6.00 A Place in the Sun **New edition** A couple from Northern Ireland hope to move to Valencia. (S)



8.00 Kirstie & Phil's Love It or List It

- 7.00** News (S)

- 8.00** Kirstie & Phil's Love It or List It
New edition Kirstie catches up with Tom and Kathleen, who appeared on the show back in 2016, to see how they have changed their four-bedroom Newcastle home. (S)(AD)

- 9.00** Get Millie Black
New episode 3/5. Millie partners with Scotland Yard detective Holborn, unearthing disturbing evidence that blows the case wide open. Stars Tamara Lawrence. (S1) (S)(AD)
 ■ Continues tomorrow

- 10.00** Celebrity Gogglebox
 Famous faces appraise The Piano, Bridgerton, Celebrity Bridge of Lies, The Sky at Night, UK's Strongest Man and The World's Most Luxurious Retirement Homes. (S)(R)(AD)

- 11.05** Gogglebox (S)(SL)(R)(AD)
12.05 AM 8 Out of 10 Cats Does Countdown With Rob Brydon. (R)
1.00 Ramsay's Kitchen Nightmares USA From Rhode Island. (S)(SL)(R)
1.50 **FILM** Funny Cow Comedy drama starring Maxine Peake. (S)(SL) (2017, 15, 100min) ★★★
3.30 Travel Man: 48 Hours in Salzburg
4.00 Undercover Boss USA (S)(R)
4.50 Location, Location, Location (R)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour **204/208** **304** **15** **121**

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 A patient suffering from dizzy spells visits the surgery. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM Mystery of the Dead Nanny Suspense thriller starring Nicolette Langley. (S) (2022, 12, 105min) ★★
4.00 Bargain-Loving Brits in the Sun Following Brits who have moved to Spain. (S)(R)(AD)
5.00 News (S)
6.00 Eggheads The Modest Corner take on the quiz experts. (S)(R)
6.25 Rose Till Close hope to take home the cash prize. (S)(R)
6.55 News (S)



NEW

8.00 Internet Shopping Scams

- 7.00 Electric Cars: Shop Smart, Save Money**
New edition Consumer journalist Georgie Barrat offers her top tips on how to choose a new car. (S)
7.55 News (S)

- 8.00 NEW Internet Shopping Scams: Don't Get Caught Out**
 Alexis Conran and his team take on the scammers who target shoppers, featuring personal accounts from the victims of the con artists. (S)
9.00 The Au Pair
New episode 3/4. As questions about the past come to light, Zoe searches for answers, but the more she uncovers, the more uncertain everything becomes. (S1) (S)
 ■ Concludes tomorrow

- 10.00 Prime Suspect: Hunting the Predators**
Series finale 3/3. Audio recordings of Abdul Elahi's custody interviews with NCA officers take viewers inside the mind of the NCA's most prolific predator. (S)
11.30 Traffic Cops A woman is injured after veering off a road. (S)(R)
12.30 AM Friends (S1) (S)(R)(AD)
1.00 PlayOJO Live Casino Show (S)
3.00 Friends (S1) (S)(R)(AD)
3.50 Casualty 24/7: Every Second Counts Medical series. (S)(R)
4.40 Wildlife SOS (S)(SL)(R)
5.05 Divine Designs (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S3) (S)(R)
11.00 Planet Shark (S)(R)(AD)
12.00 NOON The Flash (S8) (S)(R)
1.00 PM Hawaii Five-0 (S1) (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons Bart Gets a Z:
 Bart's mischief causes Mrs Krabappel to get fired. (S)(R)
5.30 My Big Fat Geek Wedding:
 Principal Skinner and Mrs Krabappel get engaged. (S)(R)
6.00 The Office (US) 11/25. Dwight and Clark pose as father and son to win an account. (S)(R)
6.30 12/25. Jim is forced to miss Cece's first recital after a major investor exits his company. (S9) (S)(R)



8.00 Landscape Artist of the Year

- 7.00 The Simpsons**
The Great Wife Hope:
 Marge campaigns against a combat sport. (S)(R)
7.30 The Devil Wears Nada:
 Marge becomes a sex symbol after posing for a charity calendar. (S)(R)

- 8.00 Landscape Artist of the Year**
New edition The Grand Finale takes place at Stonehenge, where the top three artists battle for a £10,000 commission from the Courtauld Gallery. (S)
9.00 Rob Beckett's Smart TV
New edition Comedy panel show, with guests Gyles Brandreth, Sope Dirisu, Judi Love and Helen George. (S)
9.45 Rob & Romesh vs F1
 Rob Beckett and Romesh Ranganathan enter the world of Formula One, with Mercedes team principal Toto Wolff putting them through their paces. (S)(R)
10.45 The duo continue their F1 journey in Monaco, hanging out with George Russell before Rob takes his manual driving test. (S)(R)

- 11.45 Hacks** 9/10. Ava tries to keep a secret from Deborah. (S)(R)(AD)
12.25 AM 10/10. Deborah must decide between playing it safe and putting her entire career on the line. (S1) (S)(R)(AD)
1.05 The Force: Manchester (S)(R)
2.05 Road Wars (S)(R)(AD)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
 Sky 964, Virgin 862, Freesat 964

- 2.30-3.00pm** Politics Scotland (S) **12.00m't**
 Debate Night (S)(R)
1.00am Scotcast (S)(R)
1.30 The Six Nations Greatest Moments
New edition (S) 2.00
 Weather for the Week Ahead (S) **2.05-6.00am**
 BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966

- 10.40pm** Nolan Live (S)
11.40 Match of the Day: Champions League (S)
1.00am The Six Nations Greatest Moments **New edition (S) 1.35-6.00am**
 BBC News (S)

WALES

Sky 965, Virgin 864, Freesat 965
 No variations

BBC2

N. IRELAND

Sky 969, Freesat 969

- 11.05pm** Spotlight (S)(R)
11.35 Unspun World with John Simpson (S) **12.05-12.35am** BBC News (S)

WALES

Sky 968, Freesat 968
 No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120

- 6.00am** Cyw **11.00** Dysgu Gyda Cyw **12.00noon**
 Newyddion a'r Tywydd
12.05pm Sain Ffagan (AD)
12.30 Heno **1.00** Codi Hwyl America **1.30** Cegin Bryn: Yn Ffrainc **2.00**
 Newyddion a'r Tywydd
2.05 Prynhawn Da **New edition 3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sain Ffagan **6.30** Rownd a Rownd (AD) **6.57**
 Newyddion **7.00** Heno **New edition 7.30**
 Newyddion a'r Tywydd
8.00 Pobol y Cwm **New episode (AD) 8.25 NEW SERIES** Y Sin (AD) **8.55**
 Newyddion a'r Tywydd
9.00 NEW SERIES
 Gogglebocs Cymru **10.00** 24 Awr Newidiodd Cymru **10.45-11.50pm**
 Greenham (AD)

TV&Satellite week
 More channels than any other TV magazine

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Dynasties II** On Zambia's plains, a cheetah mother must keep her cubs safe.
7.55 The Catch Up
8.00 Top Gear The presenters search for the world's best four-seat supercar.
9.00 Liar: The Fake Grooming Scandal The false allegations of rape and trafficking made by Ellie Williams in 2020 and the backlash faced by police and Asian people in Barrow-in-Furness after her arrest.
10.00 Suits 15/16. Harvey fights to save Donna from further charges, and makes a plan of attack against Evan Smith.
10.40 16/16. Sean Cahill asks Harvey for one more chance to take a shot at Charles Forstman. (S4)
11.25 Starstruck 3/6. Tom hosts a housewarming party.
11.50 4/6. Jessie faces a ghost from her past. (S2)
12.10 AM Go Hard or Go Home
1.10 We Built a Zoo
2.10 Top Gear As 8.00pm.
3.10 to 4.00 AM Normal People

MORE4

136/137 831 147 18 124

- 8.55 AM Food Unwrapped**
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Ben and Billie plan to create France's tallest Christmas tree.
5.50 Car S.O.S Fuzz and Tim restore the smallest car they have ever worked on.
6.55 Restoring a Jaguar Mk2 that has been in its owner's family for 40 years.
7.55 Grand Designs Revisited
 A year after his last visit and with the house finally complete, Kevin McCloud returns to Somerset to catch up with Ed and Vicky and their cowshed conversion.
9.00 Griff's Great Australian Rail Trip **New edition** 5/6.
 Griff Rhys Jones tumbles through the sky in a Tiger Moth biplane, and hits the rails from north to south, travelling from the tropics of Darwin to Alice Springs.
10.00 Car S.O.S Fuzz and Tim restore a Lexus IS200.
11.05 24 Hours in A&E
 A 70-year-old woman suffers a suspected stroke.
12.05 AM A 50-year-old woman collapses at work.
1.10 Emergency Helicopter Medics Documentary.
3.20 to 3.50 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Climbing Great Buildings** From the Glasgow School of Art.
7.30 Who Do You Think You Are? USA Sarah Jessica Parker traces her ancestry.
8.00 Easter Island Origins
 A look at new information on the statues of Easter Island.
9.00 NEW Birdsong Following ornithologist Sean Ronayne as he sets out on a mission to record the call of every bird species in Ireland.
10.00 The Ruth Ellis Files: A Very British Crime Story 2/3. Gillian Pachter continues her forensic look at the Ruth Ellis case by focusing on the trial, which lasted just a day and a half.
11.00 An Inspector Calls
12.20 AM Storyville: Eternal Spring - The Heist of China's Airwaves
1.40 Climbing Great Buildings
2.10 Who Do You Think You Are? USA As 7.30pm.
2.40 to 3.40 AM The Ruth Ellis Files: A Very British Crime Story
6.00 AM Hollyoaks
6.55 Rude(ish) Tube Shorts
7.00 Kitchen Nightmares USA
8.00 The Goldbergs
9.00 The Big Bang Theory
10.00 Young Sheldon
11.00 Married at First Sight
 Australia Reality series.
12.35 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 Hollyoaks Martha worries about her son's next move.
7.30 Married at First Sight
 Australia **New edition**
 Following the explosive first dinner party, the time has come for the newlyweds to move in together.
9.00 Love Triangle UK
New edition 3/10. Just as they're settling in with their new love interests, the suitors that the singletons rejected make a reappearance.
10.05 First Dates A pair of octogenarians bond over memories of lost loves.
11.10 Naked Attraction
12.10 AM Gogglebox
1.20 Married at First Sight
 Australia As 7.30pm.
2.40 Love Triangle UK
3.35 Abbott Elementary
4.00 The Goldbergs
4.50 to 6.00 AM
 The Neighborhood

+1 hour 235/236 306 30 123

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Border Security USA
10.00 Border Security: America's Front Line Double bill.
11.00 New Amsterdam 13/13. (S5)
12.00 NOON The Good Doctor (S2)
1.00 PM The Cleaning Lady (S2)
2.00 Chicago Fire 15/22. Kylie clashes with firefighters.
3.00 16/22. Cruz feels the burden of his increased responsibilities. (S1)
4.00 Nothing to Declare

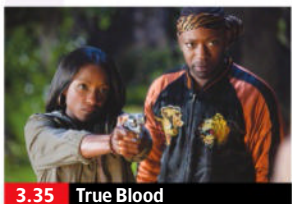


9.00 The Equalizer

Sky Atlantic

108/109 808 342 357

- 6.00 AM Richard E Grant's Hotel Secrets Double bill.
8.00 True Blood 4&5/12. (S4)
10.05 Six Feet Under (S1)
12.15 PM Game of Thrones (S5)
1.25 Westworld 4&5/10. (S1)
3.35 True Blood 4/12. Alcide helps Sookie search for Eric.
4.35 5/12. Jesus heads for Mexico with Lafayette. (S4)
5.40 Six Feet Under 11/13. David and Nate attend a conference.
6.45 12/13. The murder of a gay man has a profound effect on David. (S1)



3.35 True Blood

Sky Max

113/114 813 111 346 351

- 6.00 AM Hawaii Five-0 (S1)
8.00 The Flash 7/20. (S8)
9.00 Stargate SG-1 11&12/22. (S3)
11.00 Supergirl 16/20. (S1)
12.00 NOON The Flash 8/20. (S8)
1.00 PM Hawaii Five-0 (S1)
3.00 NCIS: Los Angeles (S13)
4.00 Magnum P.I. 19/20. (S5)
5.00 Supergirl 15/20. Kara travels to Superman's Fortress of Solitude. (S1)
6.00 Stargate SG-1 11/22. O'Neill and the team encounter an entire world suffering from amnesia. (S3)

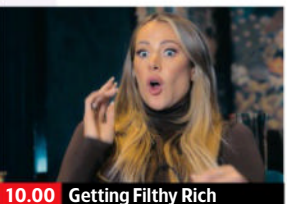


9.00 Rob Beckett's Smart TV

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
9.55 Love Bites Double bill.
12.00 NOON Dinner Date
1.00 PM Deal or No Deal
2.00 Supermarket Sweep
3.00 Charmed 11/22. Billie transforms her parents into cold-blooded killers. (S8)
4.00 Gilmore Girls 10/22. Rory is asked to put up a student. (S5)
5.00 Dinner Date
6.00 Celebrity Catchphrase With Katie Piper, Kiell Smith-Bynoe and Shaun Williamson.



10.00 Getting Filthy Rich

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 Inspector Morse
10.35 The Royal Home from the Hill.
11.40 Heartbeat Double bill.
1.40 PM Classic Emmerdale
2.40 Classic Coronation Street
3.40 Inspector Morse Second Time Around: A former police commissioner is murdered.
5.55 Heartbeat Mountains and Molehills: Bellamy chases joyriders tearing through Aidsfield, but accidentally runs down Don Dibley's son.



8.00 Grace

7 PM

- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 FBI: Most Wanted Rampage: 1/15. Two gunmen are taking their COVID-related rage out on the elite class. (S2)

9 PM

- 9.00 The Equalizer New episode Take My Life... Please! The team look into who is trying to put a hit on a comedian. (S5)

10 PM

- 10.00 Elsbeth A Fitting Finale: 10/10. An unlikable photographer is killed at a fashion show. Guest stars Andre de Shields. (S1)
11.00 The Rookie 20/22. (S4)
12.00 MT Law & Order: Organized Crime 1/22. (S2)
1.00 AM FBI: Most Wanted (S2)
2.00 The Good Doctor 7/18. (S2)
3.00 The Rookie: Feds 17/22. (S1)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

- 7.50 Game of Thrones Hardhome: 8/10. Arya makes progress in her training. Sansa confronts a friend, Cersei faces a struggle and Jon embarks on a journey. (S5)

- 9.00 The White Lotus Hide or Seek: 4/8. Comedy drama following the dark secrets of the guests and staff at a resort in Thailand. (S3)

- 10.10 Homicide: Life on the Street Crosetti: 6/20. Crosetti is found dead, the victim of what is tentatively ruled suicide. (S3)

- 11.15 Gangs of London 4/8. (S2)
12.15 AM Succession 9/10. Logan, Kendall, Gerri and Tom testify before Congress.
1.25 10/10. Logan weighs up a huge decision. (S2)
2.40 Band of Brothers 7/10. (S1)
3.55 to 6.00 AM Fish Town

+1 hour 208/209

- 7.00 Stargate SG-1 Jolinar's Memories: 12/22. Part one of two. Samantha Carter battles to save her father's life. (S3)

- 8.00 A League of Their Own US Road Trip 2/4. The guys take part in a baseball challenge at the LA Angels' stadium.

- 9.00 Rob Beckett's Smart TV New edition With Sope Dirisu, Helen George, Judi Love and Gyles Brandreth.
9.45 Rob & Romesh vs F1 Rob Beckett and Romesh Ranganathan enter the world of Formula One.
10.45 Rob and Romesh continue their Formula One journey in Monaco.

- 11.45 Hacks 9/10. Deborah nervously anticipates her final show.
12.25 AM 10/10. Ava deals with a family crisis. (S1)
1.05 Strike Back: Vengeance
2.05 Road Wars Documentary.
3.00 NCIS: Los Angeles (S13)
4.00 Magnum P.I. 19/20. (S5)
5.00 to 6.00 AM Highway Patrol

- 7.00 Deal or No Deal Stephen Mulhern hosts as Kelly takes on the Banker for the chance to win a life-changing cash prize.

- 8.00 Ant & Dec's Limitless Win Childhood sweethearts Bianca and Ky continue their game from last week.

- 9.00 Hell's Kitchen New edition The chefs are challenged to finish dishes using verbal cues from teammates.

- 10.00 Olivia Attwood: Getting Filthy Rich Olivia meets men cashing in on a demand for the boyfriend experience.
11.05 Family Guy 2/12. Brian and Jillian move in together. (S6)
11.35 13/18. Peter becomes friends with Bill Clinton. (S5)
12.05 AM American Dad! (S2)
1.05 Bob's Burgers 10&11/22. (S13)
2.05 The Emily Attack Show
2.45 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

- 6.55 Heartbeat The Dear Departed: A recently widowed woman hopes to bury her husband in the family grave.

- 8.00 Grace Want You Dead: The team investigate a case where nothing is ever as it first appears when an unidentified victim is found left out in the open countryside in curious circumstances.

- 10.00 Endeavour Raga: As campaigning for the 1970 General Election gets under way in Oxford, racial tensions escalate.

- 11.55 Trial & Retribution 8/10. Rachel Burns, chief suspect in the case of a murdered baby, looks for a new identity as the team continue their desperate search for her. (S10)
1.10 AM Wycliffe 5/8. (S3)
2.10 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
7.00 PM Reporting Scotland
7.30 Crimewatch Caught The chase to catch a gang posing as students to sell drugs.
8.00 Paramedics on Scene A Paisley crew are called to a man who may have suffered a stroke.
9.00 Debate Night New edition Discussion on the issues affecting Scotland and beyond.
10.00 River City New episode A determined Lydia carries out a risky plan to get through to Lenny.
10.30 Jules and Greg's Wild Swim 1/6. Julie Wilson Nimmo and Greg Hemphill share their passion for wild swimming.
11.00 Scotcast New edition
11.30 PM to 12.00 MT The Disasters That Shocked Scotland

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Avenue 5 (S2)
9.15 The Conners (S1)
10.15 Vice Principals (S2)
11.25 Eastbound & Down
12.00 NOON Ballers 1/10. (S1)
12.35 PM Curb Your Enthusiasm (S3&4)
1.55 Vice Principals (S2)
3.05 Eastbound & Down
3.45 Ballers 1/10. (S1)
4.25 Avenue 5 2&3/8. (S2)
5.40 The Office (US) (S9)
6.40 The Conners (S1)
7.40 Curb Your Enthusiasm
9.00 NEW SERIES The Righteous Gemstones 1/9. Return of the comedy drama. (S4)
9.50 The Tonight Show Starring Jimmy Fallon New edition Talk show.
10.50 Lucy Beaumont: Live from the Royal Court Theatre Stand-up show.
11.50 Entourage (S6)
12.50 AM Sex and the City
2.10 Girls 1&2/10. (S1)
3.25 Mr Mayor (S2)
4.25 to 5.00 AM Avenue 5

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Pavarotti in the Park
7.50 Watercolour Challenge
8.50 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering
12.00 NOON Watercolour...
1.00 PM Tales of the...
2.00 Laurie Lee: The Lost Interview
3.00 Discovering
4.00 Comedy Legends
5.00 Portrait Artist 2021
6.00 Tales of the Unexpected
7.00 Alfred Hitchcock Hour
8.00 Landscape Artist of the Year New editions
10.00 Master Crafters: The Next Generation
11.00 Britain's Most Evil
12.20 AM Guy Garvey: From the Vaults
1.20 Long Hot Summers: The Story of The Style Council Documentary.
2.50 Comedy Legends
3.50 Skinner & Mina's Literary Road Trip
4.50 Arts Uncovered
5.00 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Bondi Rescue
10.00 Highway Patrol
11.00 Nothing to Declare
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Bondi Rescue
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 22/26. (S7)
5.00 Stargate SG-1 (S1)
6.00 Stargate Atlantis (S2)
7.00 Star Trek: Voyager (S5)
8.00 Landscape Artist of the Year New edition The three finalists compete at Stonehenge in Wiltshire.
9.00 The Rookie (S2)
11.00 Britain's Most Evil Killers The story of Trimaan Harry Dhillon.
12.00 MT Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Frontline Crime UK Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Patrol

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
7.40 Buying the View
8.10 Billie and Greg: The Family Diaries
9.10 Fletchers' Family Farm
10.10 Buying and Selling
11.10 The Real Housewives of Dubai Reality series.
12.05 PM Billie and Greg: The Family Diaries
1.05 The Only Way Is Essex
2.05 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Dubai Reality series.
5.00 The Real Housewives of Atlanta Reality series.
6.00 Buying and Selling
7.00 Fletchers' Family Farm
8.00 Dinner Date
9.00 The Real Housewives Ultimate Girls' Trip
10.05 The Only Way Is Essex
11.05 Totally Unbelievable: Celebrity Weddings
12.10 AM Only Way Is Essex
1.15 to 1.30 AM Unwind
+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 22/22. (S3)
11.00 Sue Thomas: F.B.Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 5/8. (S1)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 9-12/24. (S3)
9.00 Randall and Hopkirk (Deceased) Whoever Heard of a Ghost Dying? 8/26. A clairvoyant tries to exorcise Marty. (S1)
10.00 The Avengers The Positive Negative Man: 22/24. Steed and Mrs Peel track down a mysterious killer. (S5)
11.00 The Persuaders! (S1)
12.00 MT M*A*S*H (S3)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra
+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Football Rivalries
- 6.20 The Protectors
- 6.50 The Sweeney
- 7.55 Robin of Sherwood
- 9.00 Racing: The Opening Show
- 10.00 World of Sport
- 10.10 Kojak
- 11.15 BattleBots **New edition**
- 12.20 PM Robin of Sherwood
- 1.30 Magnum, PI
- 2.35 Kojak
- 3.40 Minder
- 4.50 The Sweeney
- 5.55 The Chase Celebrity Special



8.00 The Man with the Golden...

- 7.00 **Cycling: Paris-Nice Highlights** Action from the fourth stage, a route of 163.4km from Vichy to La Loge des Gardes.
- 8.00 **FILM The Man with the Golden Gun** James Bond adventure starring Roger Moore. Agent 007 tangles with a professional hit-man who uses golden bullets on his victims. With Christopher Lee, Britt Ekland and Maud Adams. (1974, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.35 **River Monsters** Jeremy Wade investigates deaths in the waters of America's tourist hotspots.
- 11.05 **English Football League Highlights** Midweek action, featuring Burnley v West Brom and Leeds United v Millwall.
- 12.35 AM Minder
- 1.30 The Sweeney
- 2.25 The Protectors
- 2.50 to 3.00 AM Unwind with ITV

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 13/26. (S4)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space...
- 2.00 Warehouse 13 9/20. (S4)
- 3.00 Stargate SG-1 1/20. (S10)
- 4.00 Star Trek: Voyager 11/26. (S3)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 13/26. Picard challenges the authority of a woman who claims to be a galactic devil. (S4)



11.00 Post Impact

- 7.00 **Warehouse 13 The Ones You Love** 9/20. Artie and Leena stay in the Warehouse to find Brother Adrian. (S4)
- 8.00 **Stargate SG-1 Flesh and Blood** 1/20. Vala's rapidly aged daughter Adria is proclaimed the new leader of the Ori. (S10)
- 9.00 **Grimm One Night Stand** 4/22. Nick encounters aquatic creatures that are dragging people to a watery grave. (S3)
- 10.00 **The Walking Dead Alone** 13/16. Bob, Maggie and Sasha follow signs that supposedly lead to a sanctuary. (S4)
- 11.00 **FILM Post Impact** Sci-fi adventure starring Dean Cain. (2003, 15, 91 min) ★★
- 12.50 AM **FILM Battle Royale II: Requiem** Japanese sci-fi thriller sequel starring Tatsuya Fujiwara. Subtitled. (2003, 18, 133min) ★★
- 3.10 Train 3/12. (S1)
- 4.20 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S12)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 1/20. (S5)
- 12.00 NOON The Mentalist (S5)
- 1.00 PM Death in Paradise (S1)
- 2.00 Murdoch Mysteries (S12)
- 4.00 The Doctor Blake Mysteries
- 5.00 Hudson & Rex 1/20. A young woman goes missing. (S5)
- 6.00 **Father Brown The Last Tango in Kembleford** The competitive atmosphere at a local dance school leads to a dance with death. Guest stars Kevin Clifton.



9.00 Miss Scarlet

- 7.00 **The Mentalist Red in Tooth and Claw** 14/22. A research student is found dead after making a pioneering discovery. (S5)
- 8.00 **White Collar Ice Breaker** 6/13. Neal and Peter take on Little Odessa's criminal underbelly by targeting a smuggling ring. (S5)
- 9.00 **Miss Scarlet New episode** *The Guild*: 2/6. A high-profile private detective is found murdered. (S5)
■ Entire series on U
- 10.00 **Death in Paradise An Unhelpful Aid** 6/8. A diver is found dead with strange markings on his chest in shallow waters. (S1)
- 11.00 The Mentalist As 7.00pm.
- 12.00 MT White Collar As 8.00pm.
- 1.00 AM **Elementary** 13/24. Holmes investigates the suspicious death of a conspiracy theorist. (S1)
- 1.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.25 AM Highlights
- 9.15 On the Up
- 9.55 Are You Being Served?
- 10.35 Only Fools and Horses
- 11.15 Last of the Summer Wine
- 12.35 PM Keeping Up Appearances
- 1.15 On the Up
- 1.55 Dad's Army: The Lost Episodes
- 2.30 Only Fools and Horses
- 3.05 Are You Being Served?
- 3.40 Last of the Summer Wine
- 5.00 On the Up
- 5.40 Keeping Up Appearances
- 6.20 Are You Being Served?



5.00 On the Up

- 7.00 **Only Fools and Horses** Del Boy decorates the local Chinese restaurant.
- 7.40 **Dad's Army: The Lost Episodes** Walker gets called up to serve in the regular army.
- 8.15 Captain Mainwaring instigates a competition between Frazer and Jones.
- 9.00 **Gavin & Stacey** Dave is unhappy about Nessa's plans to visit Essex.
- 9.35 The Essex boys plan a big night out in Cardiff and a sleepover at Bryn's.
- 10.15 **The Fast Show** Featuring pundit Ron Manager.
- 10.55 **Bottom** Richie and Eddie hear of a fixed horse race.
- 11.35 **Inside No 9** A couple host a *Last Night of the Proms* party.
- 12.15 AM **Here We Go** Robin asks Paul to go undercover.
- 12.55 **Gavin & Stacey** Double bill.
- 2.20 **The Fast Show** As 10.15pm.
- 2.50 **Bottom** As 10.55pm.
- 3.20 to 4.00 AM **Here We Go**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM **Anthony Bourdain: Parts Unknown** From Iran.
- 8.00 **The Force: Behind the Line**
- 10.00 **American Pickers: Best Of**
- 12.00 NOON **Storage Hunters UK**
- 2.00 PM **James May's Toy Stories: Flight Club** James sets out to break the British record for the longest flight by a toy glider.
- 3.00 **Top Gear** Double bill.
- 5.00 **Hairy Bikers' Best of British** The duo examine food found in Britain's woodlands.
- 6.00 **Rick Stein's Road to Mexico** Rick explores Guadalajara.



11.00 Taskmaster

- 7.00 **Would I Lie to You?** With Mel Giedroyc, David Haye, Martin Kemp and Romesh Ranganathan.
- 7.40 **Richard Osman's House of Games** With Nina Conti and Toby Tarrant.
- 8.20 With Jessie Cave, Ayesha Hazarika, Simon Hickson and AJ Pritchard.
- 9.00 **QI XL** Guests Aisling Bea, Holly Walsh and Nikki Bedi join regular panellist Alan Davies and host Sandi Toksvig.
- 10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with guests Maisie Adam and Justin Webb.
- 11.00 **Taskmaster** A challenge to play basketball without hands.
- 12.00 **M'Tasket the Week**
- 12.40 AM **Would I Lie to You?**
- 2.00 **Richard Ayoade's Question Team** With Sue Perkins.
- 2.50 to 4.00 AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM **Four in a Bed**
- 9.30 **Sun, Sea and Selling Houses** Double bill.
- 11.30 **A Place in the Sun**
- 2.30 PM **Come Dine with Me**
- 5.00 **A Place in the Sun**
- 6.00 **Location, Location, Location** From London.
- 7.00 **Grand Designs** A couple building a curved glass home in Manchester.
- 8.00 **The Dog House** Two teenage brothers consider adopting a cute Chihuahua cross.
- 9.00 **Top Guns: Inside the RAF** Documentary.
- 10.00 **Guy Martin: Top Gun** Guy Martin trains to fly a frontline fighter jet.
- 11.35 **FILM Bad Teacher** Comedy starring Cameron Diaz. (2011, 15, 92min) ★★★
- 1.20 AM **Celebrity Gogglebox**
- 2.30 **Gogglebox**
- 3.30 **The Great School Swap: UK to USA**
- 4.30 to 5.00 AM **Jamie's One-Pan Wonders**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM **Entertainment News**
- 9.10 **NCIS** 10-12/24. (S12)
- 12.00 NOON **Law & Order**
- 6.00 PM **NCIS Personal Day** 2/24. The team try to bring down a dealer.
- 7.00 **Incognito** 3/24. Bishop and McGee pose as a couple to investigate a US Marine's murder.
- 8.00 **Double Trouble** 4/24. Vance investigates a murder that seems to be connected to his past. (S13)
- 9.00 **Criminal Minds The Night Watch** 5/22. The team learns of a killer incorporating dead bodies into graffiti art.
- 10.00 **Parishville** 6/22. A woman is killed in a small town inhabited by sex offenders. (S11)
- 11.00 **Law & Order: Special Victims Unit** (S16)
- 2.45 AM **The Good Wife** (S1)
- 3.35 to 4.00 AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM **Rich Kids Go Skint**
- 9.00 **Bargain-Loving Brits in the Sun** Documentary.
- 10.00 **Nightmare Tenants, Slum Landlords**
- 11.00 **Traffic Cops** Triple bill.
- 2.00 PM **Police Interceptors**
- 5.00 **Rogue Claimers** **New edition** A fraudster claims for an accident that was his own fault.
- 6.00 **Home and Away**
- 7.00 **GPs: Behind Closed Doors** Medical series.
- 8.00 **Casualty** 24/7: Every Second Counts
- 9.00 **999: Emergency Call Out** The team deal with an injured man under the influence of drugs.
- 10.00 **Trauma Room One**
- 11.00 **Skin A&E** Documentary.
- 12.00 MT **Prodigal Son**
- 2.00 AM **Casualty** 24/7: Every Second Counts
- 2.50 **Police Interceptors**
- 3.35 to 4.00 AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM **Car Pound Cops**
- 9.25 **Outback Truckers**
- 10.25 **Traffic Cops**
- 11.25 **Police Interceptors**
- 12.30 PM **FILM The Man from the Alamo** Western. (1953, U, 76min) ★★★
- 2.10 **FILM Man Without a Star** Western drama. (1955, PG, 89min) ★★
- 4.00 **Outback Truckers**
- 5.00 **Traffic Cops**
- 6.00 **Police Interceptors**
- 8.00 **Motorway Cops: Catching Britain's Speeders** PC Andy Doran makes his way to the scene of a collision.
- 9.00 **Police Interceptors**
- 10.05 **Police Code Zero: Officer Under Attack** An officer is bitten while trying to make an arrest.
- 11.05 **FILM Basic Thriller**. (2002, 15, 98min) ★★
- 1.10 AM **Police Interceptors**
- 2.05 **Trucking Hell**
- 3.55 to 4.00 AM **Entertainment News**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&W

132/133 827 125 25 156

- 6.10 AM **Inside the Ambulance**
- 7.00 **My Dream Home**
- 8.00 **Tipping Point**
- 11.00 **DIY SOS: The Big Build**
- 1.00 PM **Tipping Point**
- 4.00 **My Dream Home**
- 6.00 **DIY SOS: The Big Build**
- 7.00 **MasterChef USA** **New edition** The top three create a Michelin star three-course menu.
- 8.00 **Cops on the Rock** Customs officers fish hash bales out of the sea and incinerate them.
- 9.00 **Hungry for It** With judge Nathaniel Smith.
- 10.15 **Reclaiming Amy** Family and friends reveal the truth about Amy Winehouse.
- 11.15 **First Responders**
- 12.15 AM **Inside the Ambulance**
- 12.45 **Wedding Valley**
- 1.45 to 3.00 AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM **All Creatures Great and Small**
- 8.00 **Doctors**
- 9.15 **Classic Holby City**
- 10.35 **Classic Casualty**
- 11.40 **The Bill**
- 12.40 PM **Classic EastEnders**
- 2.00 **Eldorado**
- 3.15 **Bergerac**
- 4.20 **All Creatures Great and Small**
- 5.20 **One Foot in the Grave**
- 6.00 **As Time Goes By**
- 6.40 **Last of the Summer Wine** Double bill.
- 8.00 **The Marlow Murder Club** 2/2. Judith, Becks and Suzie are brought in to assist with the police investigation.
- 10.00 **New Tricks Dead Poets** The team reopen the case of a poet found dead in a scrapyard.
- 11.20 **Bergerac**
- 12.30 AM **Lovejoy**
- 2.45 to 4.00 AM **Classic Holby City**

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Celebrity Fantasy** Homes From Spain.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip** Philip Serrell and Stephanie Connell visit Co Durham.
8.00 Charlie Ross and James Braxton battle for profits in Kent.
9.00 **Body Bizarre** **New edition** The story of a man whose spine is not connected to his hips.
10.00 Twins who were born joined at the head.
11.00 **Dr Pimple Popper**
12.00 **MT Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 to 6.00 AM **Salvage Hunters**

DMAX

159 169 39 147

- 6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The Bering Sea threatens to claim Sig and Wild Bill's gear unless they can beat the freezing waters.
8.00 Captains race to deliver their final snow crab, while Sig deploys a risky tactic.
9.00 **Alaska: Homestead Rescue** A rift threatens a family on their Texas homestead.
11.00 **Aussie Gold Hunters**
12.00 **MT Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 to 6.00 AM **Building Alaska**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge** Three contenders transform open-plan rooms in the first quarter-final.
9.00 **Good Bones** Mother and daughter Mina and Karen renovate neighbourhoods.
10.00 **Home Town** Ben and Erin help a Chicago woman search for a family-friendly house.
11.00 **Flip or Flop** Double bill.
12.00 **MT Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 to 4.00 AM **My Lottery Dream Home**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include pieces of pottery saved from a tip and a mirror.
7.00 **Tenable** Warwick Davis hosts as five telecoms workers from Manchester answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 **MT Weakest Link** Quiz with Anne Robinson.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 to 6.00 AM **Bullseye**

Food Network

140/141 190 43 148

- 6.00 AM **Roux Back Down the River**
7.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Back Down the River** As 9.00pm.
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** Paul visits the Polish city of Warsaw.
9.00 **Roux Back Down the River** Fish and chips.
10.00 **Marcus in the Med: Mallorca** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food** with Casey Webb
2.00 to 3.00 AM **Guy's Grocery Games**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Extreme Couponing**
8.00 **Flip or Flop** Double bill.
9.00 **Say Yes to the Dress: Lancashire**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughters: Busby** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
8.00 **Seeking Sister Wife**
9.00 **Love Off the Grid** **New edition** Angela and Josh hash out the future.
10.00 **Temptation Island**
11.30 **Sex Sent Me to the ER**
12.30 AM **Village of Dwarves: Body Bizarre**
1.30 **Temptation Island**
3.00 **Sex Sent Me to the ER**
4.00 **Seeking Sister Wife**
5.00 to 6.00 AM **Extreme Couponing**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.10 AM **Wanted: Dead or Alive** Western drama.
8.40 **FILM Hanover Street** Wartime drama. (1979, PG, 108min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Red Headed Stranger** Western. (1986, 15, 105min) ★★
3.20 **FILM Santa Fe** Western. (1951, U, 87min) ★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM The Lost Battalion** World War One drama. (2001, 15, 92min) ★★
11.00 **FILM Saints and Soldiers: Airborne** Creed War adventure. (2012, 12, 93min) ★★
1.00 AM **FILM Stonados** Sci-fi disaster movie. (2013, PG, 90min) ★
2.50 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 8.00 AM **Walker, Texas Ranger** 17/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 14/23. (S4)
11.00 **FILM Apocalypse of Ice** Drama. (2020, PG) ★★
12.50 PM **FILM Son of Frankenstein** Chiller. (1939, b/w, PG) ★★
2.50 **FILM Invasion of the Body Snatchers** Sci-fi chiller. (1956, b/w, PG, 80min) ★★★★★
4.30 **The Twilight Zone** (S3)
5.00 **Star Trek** 11/26. (S2)
6.00 **T.J. Hooker** 15/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Bullet to the Head** Action thriller. (2012, 15, 89min) ★★
10.55 **FILM Trespass** Thriller. (1992, 18, 101min) ★★
12.55 AM **FILM Soldier Blue** Western. (1970, 18, 109min) ★★★★★
3.10 to 5.00 AM **FILM The Driver** Thriller. (1978, 15, 91min) ★★★★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 11 & 13/22. (S3)
1.00 PM **Becker** (S3)
2.00 **Friends** (S10&1)
9.00 **Alan Carr: Yap, Yap, Yap!** Stand-up from the Hammersmith Apollo.
10.08 **8 Out of 10 Cats**
11.00 **Teachers** **New episode** 5/20. Ms Watson deals with a student's imaginary friend. (S3)
11.30 **Al Murray: My Gaff, My Rules**
1.00 AM **Whose Line Is It Anyway? USA**
2.00 **South Park** (S6)
3.00 **Alan Carr: Yap, Yap, Yap!** As 9.00pm.
3.45 **Desiree Burch: Comedy Central Live**
4.05 **Fat Chat** with Desiree Burch With Evelyn Mok.
4.15 to 5.00 AM **Friends**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM Garage Sale** **Mysteries: Murder in D Minor** (2018, PG) ★★
11.00 **FILM Lost Letter** **Mysteries: Signed Sealed Delivered** Drama. (2013, PG) ★★
1.00 PM **FILM Fatal Reunion** Thriller. (2005, 12) ★★
3.05 **FILM Pretty Little Stalker** Crime thriller. (2018, PG, 87min) ★★
5.00 **FILM Lost Letter** **Mysteries: The Vows We've Made** Drama. (2021, PG, 86min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM I Am Wrath** Thriller. (2016, 15, 90min) ★★
11.00 **FILM Eye for an Eye** Mystery thriller. (2015, 15, 98min) ★
1.05 AM **FILM The Trust** Thriller. (2016, 15) ★★
3.00 **Air Rescue** Double bill.
4.00 to 6.00 AM **FILM Deadly Patient** Drama. (2018, 12, 86min) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Airplane vs Volcano** As 5.00pm.
8.00 **Category 7: The End of the World**
10.00 **Farscape** 19/22. (S2)
11.00 **FILM Boot Hill** Comedy. (1969, PG, 91min) ★★
1.00 PM **Category 7: The End of the World**
3.00 **Farscape** 19/22. (S2)
4.00 **Star Trek** 19/26. (S2)
5.00 **FILM Airplane vs Volcano** Disaster movie starring Dean Cain. (2014, 15, 91min) ★
7.00 **Farscape** 20/22. (S2)
8.00 **Star Trek** 20/26. (S2)
9.00 **FILM The Hatton Garden Job** Fact-based crime drama starring Stephen Moyer. (2017, 15, 93min) ★★
10.50 **FILM Aces - Iron Eagle III** Adventure sequel starring Louis Gossett Jr. (1993, 15, 98min) ★
1.00 to 3.00 AM **FILM The Hatton Garden Job**

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 8&9/24. (S3)
11.00 **Friends** 10-13/24. (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 8&9/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing** 11/22. Mike tries to make Ryan see the magic of Christmas. 8.30 13/22. Mandy turns over a new leaf by devoting her time to studying. (S3)
9.00 **South Park** (S1, 18&19)
2.00 **Key & Peele**
3.00 **Ugly Americans** (S2)
3.45 **Rob Beckett's Undeniable**
4.30 **David Spade: My Fake Problems** Stand-up.
5.15 to 6.00 AM **Home Improvement**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

GREAT! romance

319 424 52

- 8.10 AM **FILM A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
10.10 **FILM The Convenient Groom** Romantic drama. (2016, PG, 86min) ★★
12.05 PM **FILM My One and Only** (2019, PG) ★★
2.00 **FILM Taking the Reins** Comedy. (2021, PG) ★★
3.50 **FILM Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
6.00 **FILM Written in the Stars** Romantic drama. (2021, U, 89min) ★★
8.00 **FILM PREMIERE The Clue to Love** Drama. (2021, U, 89min) ★★
9.55 **FILM Summer Love** Romantic drama. (2016, PG, 83min) ★★
11.50 **FILM Love Afloat** Drama. (2022, PG, 90min) ★★
1.55 AM **Highway to Heaven**
3.00 to 5.00 AM **FILM October Kiss** Drama. (2015, PG, 90min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Dickinson's Real Deal** From Nottingham.
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Weird or What?**
12.10 PM **Weird Britain**
1.05 **When Big Things Go Wrong** A train crash.
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Evidence of the Unexplained**
8.00 **The Proof Is Out There**
9.00 **Abduction of Calvin Parker** **Series finale**
10.30 **Top 25 Alien Encounters**
11.50 **Alien Files Reopened**
12.40 AM **Alien Disclosure Files**
1.05 **UFO Hunters**
2.00 **Weird or What?**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 to 6.00 AM **Ancient...**

Sky Replay

152 156

- 7.00 AM **Sixth Sense** with Colin Fry Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** 6&7/16. (S1)
2.00 PM **Motorway Patrol**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 1&2/12. (S1)
9.00 **UK Border Force** A man is stopped at Heathrow. 10.00 Officers search lorries for immigrants.
11.00 **Road Wars**
12.00 **MT The Russell Howard Hour**
1.00 AM **A League of Their Own** Road Trip: Dingle to Dover
2.00 **The Overlap** on Tour
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 to 6.00 AM **Sixth Sense** with Colin Fry

Rewind TV

182 95

- 6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching 4/8.** (S2)
11.00 **Diff'rent Strokes** (S1)
11.30 **Bewitched** 12/36. (S1)
12.00 NOON **Dick Turpin** (S3)
1.00 PM **Jason King** (S1)
2.00 **The Prisoner** 15/17. (S1)
3.00 **Clive James Meets Katharine Hepburn**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching 4/8.** (S2)
6.00 **Bewitched** 12/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **The Prisoner** 15/17. (S1)
9.00 **Jason King** 14/26. (S1)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 5/13. (S1)
12.35 AM **Clive James Meets...**
1.35 **That's My Dog**
2.00 **Monkey** 23/26. (S1)
3.00 to 6.00 AM **Highlights**

5SELECT

153 138 46 133

- 9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Dorset: Country and Coast** From Weymouth.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Wales' Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Prague with Michael Portillo** Michael explores Prague, beginning with an exploration of the city's architecture.
10.00 **Majorca: Jewel of the Med** Chef Marc Fosh celebrates the best of Majorca's produce.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** In Australia.
3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

- 6.00 AM **Daria** 2/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Meltdowns**
2.00 **Catfish: The TV Show**
3.00 **Catfish: Meltdowns**
4.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Leah's ex harasses her at work. 8.00 **New edition** Jade throws Kloe a party.
9.00 **Help! I'm in a Secret Relationship!** **New edition** Delon and Nikki reconnect.
10.00 **In Bloom: Everybody's Fight** Short films.
10.30 **Queerphilly**
11.00 **The Challenge: All Stars** **New edition**
12.00 **MT Ridiculousness** **New edition**
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 to 4.00 AM **Teen Cries**

Discovery

125/126 823 177 320 325

- 6.00** AM **How It's Made: Dream Cars** Double bill of editions.
- 7.00** **Treehouse Masters**
- 9.00** **Kindig Customs**
- 11.00** **Wheeler Dealers**
- 1.00** PM **Alaska: Homestead Rescue** Double bill.
- 3.00** **America's Backyard Gold**
- 5.00** **Deadliest Catch** Sig buries his mother and the last of his wheeler's pioneering generation.
- 6.00** **Wheeler Dealers Mike** Brewer takes a chance on a Jaguar S-Type with 195,000 miles for just £3,000.

**NEW** 10.00 **Filthy Fortunes**

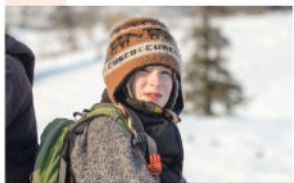
- 7.00** **Salvage Hunters** Drew Pritchard stumbles across a vintage exercise bike while scouring a props warehouse in Liverpool.
- 8.00** **Kindig Customs** A '57 Bel Air has all the markings of a classic but needs a lot of work, and the customer wants a bigger engine.
- 9.00** **Gold Divers** **New edition** Shawn moves in on Vernon's spot on Claim 56 as the two miners chase the same paystreak.
- 10.00** **NEW SERIES** **Filthy Fortunes** Matt Paxton and his team help property owners appraise their lucrative collections.
- 11.00** **Mystery at Blind Frog Ranch** The crew return to the ranch to strategize a new plan to get the box out of the cave.
- 12.00** **M'T Mountain Monsters**
- 1.00** AM **Gold Divers** As 9.00pm.
- 2.00** **Filthy Fortunes** As 10.00pm.
- 3.00** **Texas Metal** Documentary.
- 4.00** to **5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00** AM **Tanked** A classy aquarium.
- 9.00** **Pit Bulls & Parolees**
- 10.00** **My Cat from Hell**
- 11.00** **Animal Cops Philadelphia**
- 12.00** **NOON Tanked**
- 1.00** PM **Pit Bulls & Parolees**
- 2.00** **Celebrity Animal Encounters**
- 3.00** **Crikey! It's the Irwins**
- 4.00** **My Cat from Hell** Jackson Galaxy meets a woman over-run with neighbourhood cats.
- 5.00** **Animal Cops Philadelphia**
- 6.00** **Tanked** Anthony Davis brings Wayne and Brett on board to transform an entire room.

10.00 **Edge of Alaska**

- 7.00** **Pit Bulls & Parolees** A phone call in the middle of the night sees Tia racing to deal with a family emergency.
- 8.00** **How Sharks Hunt** A look into what makes the hunting approaches of tiger sharks and great whites so effective.
- 9.00** **Sharktacular 2016** Eli Roth hosts with sneak peeks, viral videos and the greatest sharks in Shark Week history.
- 10.00** **Edge of Alaska** The residents of downtown McCarthy must unite to protect their way of life from a pack of wolves.
- 11.00** **The Zoo** A gorilla must undergo a critical root canal to fix his tooth problem.
- 12.00** **M'T A fennec fox's** future hangs in the balance.
- 1.00** AM **Alaska Monsters**
- 2.00** **My Cat from Hell**
- 3.00** **Animal Cops Philadelphia**
- 4.00** to **5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00** AM **Food Factory**
- 9.00** **Air Crash Investigation: Special Report**
- 10.00** **World War II: Secrets from Above** Documentary.
- 11.00** **Nazi Megastructures: Battle Ready** Japanese tactics.
- 12.00** **NOON Car S.O.S**
- 1.00** PM **Colossal Machines**
- 2.00** **Air Crash Investigation**
- 3.00** **Drain the Oceans**
- 4.00** **Nazi Megastructures**
- 5.00** **Car S.O.S** A Mk1 Toyota MR2.
- 6.00** **Tim and Fuzz** restore a Porsche in terrible condition.

10.00 **No Taste Like Home**

- 7.00** **Air Crash Investigation** A look into the case of a commuter plane that crashed mere seconds after take-off in 1985.
- 8.00** **Car S.O.S** Fuzz and Tim restore a Datsun 240z belonging to a doctor whose work has left him too busy to look after it.
- 9.00** **Car S.O.S** Fuzz and Tim restore a Range Rover, which is a sad reminder of happier days for the owner and her family.
- 10.00** **No Taste Like Home** with **Antoni Porowski** **New edition** Antoni takes Justin Theroux on an Italian road trip.
- 11.00** **Air Crash Investigation**
- 1.00** AM **Mysterious Islands** Exploring strange findings on an island in Indonesia.
- 2.00** **Made in a Day**
- 2.30** **Lords of War** Double bill.
- 3.20** **Food Factory**
- 4.10** to **5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00** AM **American Pickers**
- 6.50** **UFOs: The Lost Evidence**
- 7.45** **Flipping Bangers**
- 8.45** **Forged in Fire**
- Tournament of Champions**
- 9.35** **Auction Kings**
- 10.05** **Storage Wars** Four editions.
- 12.00** **NOON Mountain Men**
- 1.00** PM **Rust Valley Restorers**
- 2.00** **WWII Lost Films**
- 4.00** **Digging for Britain**
- 5.00** **Pawn Stars** Documentary.
- 6.00** **American Pickers** A retired Air Force general reveals the story of his American Dream.

**NEW** 10.00 **Mysteries Unearthed**

- 7.00** **Forged in Fire** **Tournament of Champions** The winning contestants face-off to forge the Wakizashi.
- 8.00** **UFOs: The Lost Evidence** The UFO researchers who believe NASA is hiding the truth about alien life.
- 9.00** **Tales from Oak Island** **New edition** Findings suggest many civilisations may have hidden valuables on the island.
- 10.00** **NEW SERIES** **Mysteries Unearthed** with **Danny Trejo** The presenter explores the world's most significant discoveries.
- 11.00** **Prison Chronicles**
- 12.00** **M'T Paranormal: Caught on Camera** A look at the spirits haunting Britain's pubs.
- 1.00** AM **Rust Valley Restorers**
- 2.00** **Ancient Aliens** Shadowy entities around the world.
- 3.00** **Forged in Fire**
- 4.00** to **6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10** AM **Antiques Roadshow**
- 8.00** **World War Weird**
- 9.00** **WW2: Frontlines**
- 10.00** **Secrets of the London Underground** Double bill.
- 12.00** **NOON Simon Reeve's South America** As 12.00m't.
- 1.00** PM **Antiques Roadshow**
- 2.00** **Bangers & Cash** Double bill.
- 4.00** **World War Weird**
- 5.00** **WW2: Frontlines** The killing fields around Hill 112.
- 6.00** **Antiques Roadshow** The team value objects associated with World War One.

8.00 **Great Coastal Railway...**

- 7.00** **Speed with Guy Martin** Exploring how far it is possible to travel on a bicycle during 24 hours of non-stop pedalling.
- 8.00** **Great Coastal Railway Journeys** From Whitby to Robin Hood's Bay.
- 8.30** **Michael Portillo** explores Scarborough.
- 9.00** **Great Canal Journeys** Timothy West and Prunella Scales explore the Naviglio Grande Canal in Lombardy, Italy.
- 10.00** **Bangers & Cash** Derek navigates the dry stone walls of the Peak District to collect a very original 1988 Opel Manta.
- 11.00** **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien find a butter churn and a set of trays for storing old printing letters.
- 12.00** **M'T Simon Reeve's South America** Simon goes on a journey through Brazil.
- 1.00** to **3.00** AM **Steam Train Britain**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00** AM **Junkyard Empire**
- 8.00** **American Pickers**
- 9.00** **Aussie Gold Hunters**
- 12.00** **NOON The Repair Shop** Triple bill.
- 3.00** PM **Shed and Buried**
- 4.00** **Find It, Fix It, Flog It**
- 6.00** **The Repair Shop** A clock made from the propeller of a World War One plane.
- 7.00** **Items include** a ride-on toy plane and a home-made ukulele.
- 8.00** **The Yorkshire Auction House** A loft stashed with bizarre collectibles.
- 9.00** **Angus finds** a rare porcelain figure.
- 10.00** **The Derbyshire Auction House** A collection of antique bottles.
- 11.00** **How Do They Do It?**
- 1.00** AM **Junkyard Empire**
- 3.00** **Find It, Fix It, Flog It**
- 4.00** to **5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00** AM **Say Yes to the Dress: UK** Double bill.
- 7.00** **Say Yes... Lancashire**
- 8.00** **Say Yes to the Dress: Atlanta** Reality series.
- 9.00** **Say Yes to the Dress**
- 11.00** **Forensic Detectives**
- 12.00** **NOON Betrayed**
- 1.00** PM **On the Case with Paula Zahn**
- 2.00** **Murder on CCTV**
- 3.00** **Judge Rinder's Crime Stories** Documentary.
- 4.00** **American Monster**
- 6.00** **People Magazine Investigates**
- 7.00** **A Killer's Mistake**
- 8.00** **Murder on CCTV**
- 9.00** **Signs of a Psychopath** **New edition**
- 10.00** **Deadly Women**
- 11.00** **Murder on CCTV**
- 12.00** **M'T Faking It: Tears of a Crime** Double bill.
- 2.00** AM **Murder Comes to Town** Susan Casey.
- 3.00** to **4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00** AM **Judge Judy**
- 1.00** PM **Judge Judy**
- 7.00** **Crimes That Shook Australia** Documentary.
- 8.00** **Secrets of a Murder Detective** A serial killer targets men in North London parks.
- 9.00** **Fatal Attraction** **New edition** When a transgender woman goes missing, police suspect she may have disappeared.
- 10.00** **Voice of a Killer Special: The Colonel** The crimes of Colonel Russell Williams.
- 11.00** **Prosecuting Evil** with Kelly Siegler
- 12.00** **M'T Nightmare Next Door** Documentary.
- 1.00** AM **Fatal Attraction**
- 2.00** **Voice of a Killer Special: The Colonel**
- 3.00** **Donal MacIntyre's Murder Files**
- 4.00** to **6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00** AM **48 Hours**
- 11.00** **Medical Detectives**
- 2.00** PM **A Stranger in My Home** Double bill.
- 4.00** **Medical Detectives** A look at the death of a US Presbyterian minister's wife.
- 4.30** A film plot gives investigators clues to a woman's murder.
- 5.00** The disappearance of a teenage girl who vanished while returning from a concert.
- 5.30** Detectives find a rare clue at the scene of a murder that helps them track down a killer of a teenage girl.
- 6.00** The disappearance of a young dancer.
- 6.30** A man is found shot dead in his home.
- 7.00** **Judge Judy** Real-life small-claims cases.
- 12.05** AM **Judge Judy**
- 4.45** to **6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00** AM **Highway Patrol**
- 7.00** **The Force: Manchester**
- 8.00** **Road Wars**
- 9.00** **Brit Cops: Rapid Response** Documentary.
- 10.00** **Send in the Dogs**
- 11.00** **Catching the Killer**
- 12.00** **NOON How I Caught...**
- 1.00** PM **The Real Manhunter: The Murder of Chris Donovan**
- 2.00** **Made for Murder**
- 3.00** **Most Evil Killers**
- 5.00** **Catching the Killer**
- 6.00** **How I Caught the Killer**
- 7.00** **Most Evil Killers**
- 9.00** **Murder Next Door**
- 10.00** **How I Caught the Killer**
- 11.00** **Catching the Killer**
- 12.00** **M'T World's Most Evil Killers** Rodney Alcala.
- 1.00** AM **How I Caught the Killer** True-crime.
- 2.00** **Snapped** Double bill.
- 4.00** **Send in the Dogs**
- 5.00** to **6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00** AM **Beautiful Serengeti**
- 8.30** **Mafia's Greatest Hits**
- 9.40** **The Great Escape: The True Story**
- 10.40** **Impossible Peace**
- 11.50** **The Dictator's Playbook**
- 1.00** PM **Mafia's Greatest Hits**
- 2.05** **The Great Escape: The True Story**
- 3.05** **Impossible Peace**
- 4.15** **The Dictator's Playbook**
- 5.20** **After Chaos**
- 6.30** **Mafia's Greatest Hits**
- 7.35** **The Great Escape: The True Story** The X Committee are left devastated when their tunnel is destroyed.
- 8.35** **Impossible Peace** **New edition** Hitler's ambitions were clear but seemed to go ignored by great powers.
- 9.45** **The Dictator's Playbook**
- 10.55** **Mafia's Greatest Hits**
- 12.00** **M'T The Great Escape: The True Story**
- 1.05** to **2.00** AM **Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM Richard E Grant's Hotel Secrets Exploring Berlin.
7.00 Discovering: Jodie Foster
8.00 The Directors
9.00 The 2010s
10.00 JFK: Destiny Betrayed
11.00 The Good Fight Club
12.00 NOON Kingdom of Dreams
1.00 PM Telemarketers
4.10 The Directors
5.00 Discovering: Jodie Foster
6.00 The 2010s
7.00 We Are Wigan Warriors 3/3. Following the Super League side during the 2024 season.
8.00 **NEW SERIES** Eyes on the Prize III 1/6. The struggle for racial equality and justice in the US, beginning in the late 1970s.
9.00 McLaren The life of Bruce McLaren, who founded the McLaren motor racing team.
10.50 Manhunt: The Search for Bin Laden Documentary about CIA investigations into al-Qaeda.
12.50 AM Telemarketers
4.05 The Directors
5.00 to 6.00 AM Discovering: Jodie Foster

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Hometown Tragedy
11.00 An Hour to Kill
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding...
2.00 Witness to Murder: Digital Evidence
3.00 Robbie Coltrane's Critical Evidence
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 After the First 48
7.00 The First 48
8.00 Hometown Tragedy **New editions** Double bill.
9.00 Green Eyed Killers **New edition**
10.00 Family Massacre
11.00 Homicide Hunter
12.00 MT Very Scary People
2.00 AM Green Eyed Killers
3.00 Britain's Darkest Taboos
4.00 Somebody's Hiding Something
5.00 to 6.00 AM On the Case with Paula Zahn

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
1.00 PM Abandoned Engineering
5.00 The Bill Against the Odds: A tip-off about a gang war puts Dashwood in a dilemma.
5.30 Bloodsucker: Marshall's crime figures cause concern.
6.00 Workers in Uniform: There are tense negotiations between Hollis and Brownlow.
6.30 Something to Hide: Turnham and Datta are called to a break-in but there are no signs of forced entry.
7.00 Top of the Pops Triple bill featuring classic chart-toppers.
9.00 The Brokenwood Mysteries Stone Cold Dead: 2/4. Mike and his team delve into the realm of New Zealand's colonial past while investigating the death of a woman struck by an arrow. Stars Neill Rea. (S4)
11.00 The Bill Four episodes.
1.05 AM Top of the Pops
3.00 The Brokenwood Mysteries
4.40 Abandoned Engineering
5.25 to 6.00 AM The Bill

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Ol Pejeta Diaries
7.00 Monkey Life
8.00 Undiscovered Vistas
9.00 Dawn to Dusk
10.00 Patrick Aryee's Wild World
11.00 Planet Shark
12.00 NOON Mysteries of the Mekong Documentary.
1.00 PM Monkey Life
2.00 Undiscovered Vistas
3.00 Dawn to Dusk
4.00 Patrick Aryee's Wild World
5.00 Coastal Africa
6.00 Mysteries of the Mekong
7.00 Monkey Life Double bill.
8.00 Volcanic Odysseys The story of active volcano Popocatepetl.
9.00 Super Shark Highway The southern team test new migration tech.
10.00 Mysteries of the Mekong
11.00 Coastal Africa
12.00 MT Planet Shark
1.00 AM Into the Wild: India
2.00 Volcanic Odysseys
3.00 Super Shark Highway
4.00 Undiscovered Vistas
5.00 to 6.00 AM Dawn to Dusk

WILD

165 841 182

- 8.00 AM Secrets of the Zoo: North Carolina
9.00 World's Deadliest
10.00 Africa's Hunters
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Deadly Dozen
3.00 Africa's Deadly Kingdoms
4.00 Secrets of the Zoo
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo Two baby white rhinos join the herd at The Wilds.
8.00 World's Deadliest Whale The hunting tactics killer whales.
9.00 World's Deadliest Investigating nocturnal predators.
10.00 Alaska: The Next Generation The Alaskans face unpredictable challenges.
11.00 Ice Road Rescue
12.00 MT Monster Fish
1.00 AM Lawless Island
2.00 Yukon Vet
3.00 Secrets of the Zoo
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM American Detective with Lt Joe Kenda
9.00 Disappeared
11.00 Reasonable Doubt
1.00 PM The Killer Beside Me
3.00 Evil Lives Here
5.00 The Lies That Bind
7.00 Disappeared in the Darkness: An ID Mystery When detectives investigated the disappearance of Heather Elvis, they uncover a twisted web of lies and betrayal.
9.00 I Went Undercover A man approaches police with a tip about a friend's shocking crime.
10.00 High Speed Chase Officers pursue an armed carjacker.
11.00 Faking It: Tears of a Crime The case of Aram Kurd.
12.00 M'T Martin Kemp's Murder Files The case of Dennis Nilsen.
1.00 AM Martin examines the case of Florida-based serial killer Aileen Wuornos.
2.00 AM The Lies That Bind
4.00 to 6.00 AM Disappeared in the Darkness: An ID Mystery

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 Weeks of War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Digging Up Britain's Past
2.00 Digging for Britain
3.00 Lost Worlds
4.00 Weeks of War
5.00 Ancient Aliens
5.55 What on Earth?
6.50 UFOs Declassified Investigating the 1957 sighting of a UFO by pilot Milton Torres.
7.50 Revolutions That Changed History The French Revolution.
9.00 The Real War of Thrones How, during the Renaissance, the king of France shook up the foundations of Europe.
10.00 History's Greatest Mysteries The search for Noah's ark.
11.00 WWII Battles in Colour The final days of the Third Reich.
12.00 MT Ancient Aliens
2.00 AM Digging for Britain
3.00 Digging Up Britain's Past
4.00 The Proof Is Out There
5.00 to 6.00 AM UFOs Declassified

Discovery History

174 181

- 7.00 AM Aircrash Unsolved: The Mystery of Helios 522
8.00 Extreme Engineering
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Cooper's Treasure
5.00 Mysteries at the Museum
7.00 Expedition Bigfoot The team discover evidence that could finally prove Bigfoot exists.
8.00 Aircrash Unsolved: The Mystery of Helios 522 An examination of the 2005 crash of Helios Flight 522, Greece's worst air disaster, which claimed the lives of 121 people after a loss of cabin pressure.
9.00 Salvage Hunters: Classic Cars
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM Extreme RVs
7.00 Kingd Customs
8.00 Mega Shippers
9.00 Salvage Hunters: Classic Cars
10.00 Motor Pickers
11.00 Shed and Buried
12.00 NOON Outback Car Hunters
1.00 PM Junkyard Empire
2.00 Wheeler Dealers
3.00 Motor Pickers
4.00 Richard Hammond's Workshop
6.00 Salvage Hunters: Classic Cars
7.00 Shed and Buried
8.00 Richard Hammond's Workshop
9.00 Shed and Buried: Classic Cars Henry and Fuzz take a look inside a shed in Leyton Buzzard filled with astonishing American muscle cars.
10.00 Motor Pickers
11.00 Shed and Buried
12.00 M'T Richard Hammond's...
1.00 AM Outback Car Hunters
2.00 Iron Resurrection
3.00 Wheeler Dealers
4.00 to 5.00 AM Speed Is the New Black

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 7.25 AM The Garfield Movie Animated family adventure. (2023, U, 101min) ★★★
9.20 Harold and the Purple Crayon
11.00 Blood for Dust As 8.00pm.
12.45 PM Fight or Flight As 9.45pm.
2.30 Rob Peace Fact-based drama. (2024, 15, 120min) ★★★
4.35 Harold and the Purple Crayon Family adventure. (2024, PG, 87min) ★★★
6.15 The Good Half Comedy drama. (2023, 15, 96min) ★★★



4.35 Harold and the Purple...

- 8.00 Blood for Dust Action thriller starring Scoot McNairy. A travelling salesman finds himself on a dangerous path after a chance encounter with a former colleague. (2023, 18, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.45 Fight or Flight Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 The Line Drama starring Alex Wolff. (2023, 15, 100min)
1.20 AM Black Dog Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min)
3.20 A Place Called Silence Chinese mystery thriller. Subtitled. (2024, 15, 119min)
5.30 to 7.20 AM The Watched Horror. (2024, 15, 102min) ★★

Sky Cinema Drama

310 410 510 524

- 7.10 AM Ray As shown at 10.05pm.
9.55 Lee Biopic starring Kate Winslet. (2023, 15, 117min) ★★
12.00 NOON The Blind Side Fact-based drama with Sandra Bullock and Quinton Aaron. (2009, 12, 129min) ★★
2.15 PM Miss Potter Biopic. (2006, PG, 93min) ★★
3.55 The Danish Girl Period drama. (2015, 15, 117min) ★★
6.00 Eternal Sunshine of the Spotless Mind Offbeat romantic comedy starring Jim Carrey and Kate Winslet. (2004, 15, 108min) ★★★★★
8.00 Dallas Buyers Club Fact-based drama starring Matthew McConaughey, Jared Leto, Jennifer Garner and Steve Zahn. (2013, 15, 114min) ★★★★★
10.05 Ray Biopic starring Jamie Foxx as soul music legend Ray Charles. With Kerry Washington. (2004, 15, 152min) ★★★★★
12.50 AM Widow Clicquot Historical drama starring Haley Bennett. (2023, 15, 90min) ★★★★★
2.30 What Dreams May Come Romantic fantasy drama. (1998, 15, 106min) ★★
4.30 to 6.15 AM Manodrome Thriller. (2023, 15, 96min) ★★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM The Invention of Lying Comedy. (2009, 12) ★★★★★
7.55 The Three Musketeers: Milady (2023, 12) ★★★★★
9.55 The Exorcist: Believer (2023)
11.55 How to Lose a Guy in 10 Days Comedy. (2003, 12) ★★
2.05 PM Snatch Crime comedy. (2000, 18, 102min) ★★★★★
4.05 Horrible Bosses Comedy. (2011, 15, 93min) ★★
6.00 The Equalizer 3 Thriller. (2023, 15, 109min) ★★★



10.00 Constantine

- 8.00 Baby Driver Music-themed action thriller starring Ansel Elgort and Kevin Spacey. A young getaway driver finds himself taking part in a heist doomed to fail. With Lily James, Jon Hamm and Jamie Foxx. (2017, 15, 113min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 Constantine Supernatural thriller starring Keanu Reeves and Rachel Weisz. Cynical hero John Constantine realises that the truce between heaven and hell is breaking down. (2005, 15, 121min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM The Exorcist: Believer Horror. (2023, 15, 111min) ★★
2.10 Jules Sci-fi comedy drama. (2023, 12, 87min) ★★
3.55 The American Society of Magical Negroes Fantasy. (2024, 12, 104min) ★★★★★
5.45 to 6.05 AM The Cinema List: Black British Actors

Sky Cinema Sci-fi/Horror

311 411 511 525

- 6.05 AM Tarot As shown at 12.10am.
7.50 Kill As shown at 1.50am.
9.35 Dune: Part Two Sci-fi drama. (2024, 12, 166min) ★★★★★
12.30 PM Gothika Horror thriller. (2003, 15, 98min) ★★
2.20 Lisa Frankenstein Horror comedy. (2024, 15, 101min) ★★★★★
4.15 Resident Evil: Afterlife Sci-fi thriller sequel with Milla Jovovich. (2010, 15, 96min) ★★
6.05 The Purge: Anarchy Horror sequel starring Frank Grillo. (2014, 15, 102min) ★★
8.00 Five Nights at Freddy's Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
10.00 Hollow Man Paul Verhoeven's sci-fi thriller starring Elisabeth Shue and Kevin Bacon. (2000, 18, 113min) ★★
12.10 AM Tarot Horror starring Harriet Slater. (2024, 15, 92min) ★★
1.50 Kill Thriller with Daniel Portman. (2023, 15, 90min) ★★
3.30 Resident Evil: Damnation Animation. (2012, 15) ★★
5.20 to 7.10 AM Doom Sci-fi horror. (2005, 15, 105min) ★★

Sky Cinema Family

306 406 506 520

7.20 AM **Robo-Dog** Adventure. (2015, PG, 87min) ★★★

9.00 **Hot Dog Derby** (2013, U) ★★

10.30 **The Muppets Take Manhattan** Comedy. (1984, U) ★★★★★

12.10 PM **Ghostbusters: Frozen Empire** (2023, 12) ★★★★★

2.10 **IF Fantasy**. (2024, U) ★★★

4.00 **Scooby-Doo** (2002, PG) ★★★

5.30 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★

7.05 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★



7.05 **Bean**

8.50 **Addams Family Values** Black comedy sequel starring Anjelica Huston, Raul Julia, Christopher Lloyd and Joan Cusack. The Addams' homicidal new nanny sets her sights on Uncle Fester. (1993, PG, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Mee-Shee: The Water Giant** Fantasy adventure with Bruce Greenwood. (2005, PG, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Robo-Dog: Airborne** Family adventure sequel. (2017, U, 88min) ★★

1.55 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★

3.35 **Patch Adams** Comedy drama. (1998, 12, 115min) ★★

5.35 to **7.10** AM **Pups United** Family canine adventure. (2015, U, 89min) ★★★

Sky Cinema Originals

302 402 502 516

6.50 AM **The Cinema List: British Sky Originals**

7.10 **Twist** Crime comedy. (2021, 12, 90min) ★★★★★

8.50 **Arthur's Whisky** Comedy. (2023, PG, 91min) ★★

10.35 **Long Story Short** As 3.20am.

12.25 PM **Gunpowder Milkshake** Thriller. (2021, 15, 114min) ★★

2.25 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★

4.15 **Dead Shot** Action thriller. (2023, 15, 95min) ★★

6.00 **The Radleys** Horror comedy starring Kelly Macdonald. (2024, 15, 115min) ★★

8.00 **Retribution** Action thriller starring Liam Neeson. While driving his children to school, a businessman learns that his vehicle is rigged with explosives. (2023, 12, 91min) ★★

9.45 **The Beekeeper** Action thriller starring Jason Statham. (2023, 15, 105min) ★★

11.35 **Hounds of War** Action thriller. (2024, 15, 92min) ★★

1.15 AM **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★★★

3.20 **Long Story Short** Comedy. (2021, 15, 90min) ★★

5.00 to **6.55** AM **How to Please a Woman** Drama. (2022, 15) ★★

Sky Cinema Action

307 407 507 521

7.00 AM **Swordfish** (2001, 15) ★★

8.45 **Once Upon a Time in China and America** (1997, 15) ★★

10.30 **Poker Face** Crime thriller. (2022, 15, 120min) ★★

12.20 PM **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★★

2.45 **The Italian Job** Crime thriller. (2003, 12, 110min) ★★

4.40 **The Mechanic** Action thriller. (2017, 15, 93min) ★★

6.20 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★



8.00 **Justice League**

8.00 **Justice League** Sci-fi adventure starring Ben Affleck, Gal Gadot and Henry Cavill. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Godzilla x Kong: The New Empire** Fantasy adventure starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **High Heat** Action comedy. (2022, 15, 84min) ★★

1.35 **The Old Way** Western. (2023, 15, 95min) ★★

3.15 **Crank** Action thriller. (2006, 18, 88min) ★★★★★

4.50 to **6.30** AM **King of Killers** Thriller. (2023, 15, 92min) ★

Sky Cinema Classics

304 404 504 518

7.10 AM **See No Evil, Hear No Evil**

9.10 **Twins** Action comedy. (1988, PG, 107min) ★★

11.10 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★★

1.00 PM **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★

2.45 **National Lampoon's Animal House** College campus comedy. (1978, 15, 109min) ★★★★★

4.45 **The Naked Gun** As 11.35pm.

6.25 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★★

8.00 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★

9.50 **HouseSitter** Romantic comedy starring Steve Martin and Goldie Hawn. A kooky waitress moves into an architect's dream house and pretends to be his wife. (1992, PG, 102min) ★★

11.35 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★★

1.15 AM **Howard the Duck** Comedy. (1986, PG, 104min) ★★

3.20 **The Cinema List**

3.50 **See No Evil, Hear No Evil** Comedy thriller starring Richard Pryor. (1989, 15, 107min) ★★

5.50 to **6.50** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 408 508 522

7.05 AM **Swede Caroline** (2024)

8.55 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★★

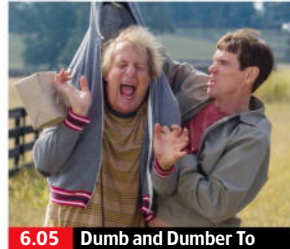
11.10 **Click** Fantasy comedy. (2006, 12, 103min) ★★★★★

1.05 PM **Game Night** Comedy. (2018, 15, 100min) ★★★★★

2.50 **Big Daddy** Comedy. (1999, 12, 95min) ★★

4.30 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★

6.05 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★



6.05 **Dumb and Dumber To**

8.00 **O Brother, Where Art Thou?** Offbeat comedy from the Coen Brothers, starring George Clooney. In the 1930s, three men escape from a chain gang and set out to recover some hidden loot. (2000, 12, 106min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Producers** Screen version of Mel Brooks' stage musical based on his 1968 film comedy, starring Nathan Lane and Matthew Broderick. (2005, 12, 134min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Back-Up Plan** Romantic comedy with Jennifer Lopez. (2010, 12, 100min) ★★

2.05 **Swede Caroline** Comedy. (2024, 15, 98min) ★★

3.55 **Sometimes I Think About Dying** Comedy drama. (2023, 12, 93min) ★★

5.35 to **7.50** AM **The Book of Clarence** Biblical comedy. (2023, 15, 129min) ★★

Sky Cinema Animation

305 412 500 514

6.35 AM **Batman: Return of the Caped Crusaders** As 1.55am.

8.05 **Migration** Animated comedy. (2023, U, 83min) ★★

9.35 **Antz** Animated comedy. (1998, PG, 83min) ★★

11.05 **Extinct** Animated adventure. (2021, U, 84min) ★★

12.40 PM **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG) ★★★★★

2.30 **Storks** Animated adventure. (2016, U, 87min) ★★

4.00 **The Emoji Movie** (2017, U) ★

5.35 **Over the Hedge** Animation. (2006, U, 83min) ★★★★★

7.10 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★★★

8.45 **Dragon Rider** Animation. (2020, PG, 91min) ★★

10.25 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★

12.05 AM **The Inventor** Animation. (2023, PG, 100min) ★★

1.55 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★★

3.25 **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U) ★★

5.05 to **6.30** AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min) ★★

Sky Cinema Thriller

309 409 509 523

6.45 AM **Some Other Woman**

8.25 **The Accountant** Thriller. (2016, 15, 123min) ★★

10.45 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★★

1.05 PM **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★

3.40 **Green Zone** Action thriller. (2010, 15, 110min) ★★★★★

5.40 **Marnie** Hitchcock's classic psychological thriller with Tippi Hedren and Sean Connery. (1964, 15, 130min) ★★★★★



10.20 **Caddo Lake**

8.00 **Angels & Demons** Thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Caddo Lake** Thriller starring Dylan O'Brien. The disappearance of an eight-year-old girl brings the truth about a family's history into the light. (2024, 12, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Some Other Woman** Thriller. (2023, 15) ★★

1.45 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 91min) ★★★★★

3.25 **Shaft** Crime thriller. (2000, 18, 99min) ★★

5.20 to **7.05** AM **Ruthless** Action thriller. (2023, 15, 92min) ★★

Movies 24

312 419

7.00 AM **A Bride's Maid in Love** Comedy. (2022, PG, 87min) ★★

9.00 **Falling Together** Drama. (2024, U, 90min) ★★

11.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★

1.00 PM **Mountain Rescue** Romance Romantic comedy. (2023, PG, 84min) ★★

3.00 **Branching Out** Drama. (2024, PG, 90min) ★★

5.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★

7.00 **The Love Issue** Romantic drama starring Alicia Dea Josipovic and Luke Humphrey. (2023, PG, 85min) ★★

9.00 **To Her, With Love** Romance with Skye P Marshall and Tobias Truvillion. Two teachers fall for each other while trying to save their school's art department. (2022, PG, 84min) ★★

11.00 **What We Do For Love** Comedy. (2023, PG, 89min) ★★

1.00 AM **Game, Set, Love** Romantic comedy with Davida Williams. (2022, PG, 84min) ★★

3.00 to **5.00** AM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

■ **Films start at 11.00am**

11.00 AM **Anne of the Indies** Adventure. (1951, U) ★★

12.40 PM **The Last Hurrah** Drama. (1958, b/w, U, 121min) ★★

3.05 **Comanche Station** Western. (1960, PG, 74min) ★★

4.40 **The Ghost and Mrs Muir** Supernatural comedy. (1947, b/w, U, 104min) ★★★★★

6.45 **I, Robot** Sci-fi thriller with Will Smith and Bridget Moynahan. (2004, 12, 115min) ★★★★★



9.00 **Vengeance**

I, Robot (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Vengeance** Mystery drama directed by and starring BJ Novak. A writer attempts to solve the murder of a young woman he hooked up with. With Boyd Holbrook Lio Tipton and Issa Rae. (2022, 15, 107min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Collateral** Thriller starring Tom Cruise and Jamie Foxx. A contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (2004, 15, 120min) ★★★★★

1.35 to **3.45** AM **Possessor** Horror starring Andrea Riseborough. (2020, 18, 103min) ★★★★★

Talking Pictures

328 445 82 306

6.00 AM **Amos Burke, Secret Agent**

7.00 **Ghosts on the Loose** Comedy. (1943, b/w, U, 64min) ★★

8.20 **Look at Life**

8.30 **One Step Beyond** 6/36. (S3)

9.05 **The Voice of Merrill** Thriller. (1952, b/w, PG, 81min) ★★

10.45 **To Have and to Hold** Drama. (1950, b/w, PG, 63min) ★★

12.00 NOON **I Only Arsked!** Comedy. (1958, b/w, U, 82min) ★★

1.40 PM **Look at Life**

1.55 **The Brothers 1/14**. (S4)

3.00 **The Belle Starr** Story Spaghetti Western starring Elsa Martinelli. (1968, 18, 103min) ★★

5.05 **The Life and Legend of Wyatt Earp** 32/33. (S1)

5.40 **Emergency** Thriller starring Glyn Houston and Zena Walker. (1963, b/w, U, 63min) ★★

7.00 **Z Cars** 28/31. (S10)

8.00 **Manhunt** 15/26. (S1)

9.05 **Maigret** 1/4. (S7)

10.55 **In Suspicious Circumstances**

12.00 M/T **Maigret** 7/13. (S4)

1.05 AM **Dick Tracy's G-Men** Thriller. (1939, b/w, PG, 130min) ★★

3.15 **The Boy and the Pirates** Family fantasy adventure. (1960, b/w, U, 84min) ★★

4.55 **Tell Me Another** 7/9. (S1)

5.30 to **6.00** AM **Richard Diamond**

Sky Sports	Main Event
401 511 501 419 439	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
10.00	The Football Show
12.00	NOON Lunchtime Live A look at all the sports stories making the headlines this lunchtime.
1.00	PM Live from the Players Championship The latest news ahead of the tournament at Ponte Vedra Beach, Florida.
5.30	LIVE WTA & ATP Tennis Coverage of day eight of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden, where the men's and women's singles fourth-round matches are scheduled to take place. Women's second seed Aryna Sabalenka suffered a shock defeat at the hands of Emma Navarro at this stage last year.
7.30	LIVE EFL Stoke City v Blackburn Rovers. The Championship match at bet365 Stadium. Kick-off 8.00pm.
10.30	LIVE WTA & ATP Tennis Coverage of day eight of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California.
3.00	to 6.00 AM Sky Sports News

TNT Sports 1

410 870 521 408 430

6.00 AM Classic Premier League
6.30 Premier League Netbusters
7.00 A-League Highlights
8.00 **LIVE** Isuzu UTE A-League
Melbourne City v Newcastle
Jets. Kick-off is at 8.00am.
10.00 Cycling Recent highlights.
12.00 NOON **LIVE Cycling** The third
stage of the Tirreno Adriatico.
3.15 PM **LIVE Cycling** Coverage of
the fourth stage of the Paris-Nice.
3.45 UEFA Champions League
4.15 The Pioneers Thierry Henry.
4.30 TNT Sports Reload
5.00 Isuzu UTE A-League
6.00 Serie A – Full Impact
6.30 Ally's Social Club
7.00 **LIVE** UEFA Champions
League Arsenal v PSV
Eindhoven. Coverage of the
last-16 second-leg at the Emirates
Stadium. Kick-off is at 8.00pm.
10.30 UEFA Champions League
11.30 **LIVE** NBA Boston Celtics v
Oklahoma City Thunder. The
inter-conference match staged
at TD Garden. Tip-off 11.30pm.
2.00 AM SailGP: Racing on the Edge
2.30 Serie A – Full Impact
3.00 Fishing: On the Bank
4.00 to 6.00 AM Snooker

TNT Sports 3

413 874

523

410 432

6.00

AM UEFA Champions League

9.00

UEFA Europa League & Conference League Magazine

10.00

Sign Up – Into Football

10.45

A-League Women Highlights

11.15

Premier League Reload

11.30

LIVE Freestyle Skiing
Coverage of the mixed dual moguls competition in Livigno, Italy.

1.00

PM Fishing: On the Bank

2.00

NBA A chance to see Indiana Pacers v Milwaukee Bucks.

3.30

Snooker World Grand Prix

5.30

Ultimate Pool Recent action.

7.00

Discovery Golf The latest news.

7.30

LIVE UEFA Champions League Atletico Madrid v Real Madrid. Coverage of the last-16 second-leg staged at Riyadh Air Metropolitan. Kick-off 8.00pm.

10.15

Training Day At Brighton.

10.30

Premier League Stories

11.00

Isuzu UTE A-League

12.00

M'T UEFA Champions League

4.00

to 6.00 AM Serie A

Sky Sports	Premier League
402 512 502 420 440	
6.00	AM PL Greatest Games
7.00	MNF Hits Action from West Ham United v Newcastle United.
7.30	Premier League Highlights
9.30	SNF Brentford v Aston Villa.
10.00	The Football Show
12.00	NOON Gary Neville's Soccerbox
1.00	PM Premier League Highlights
2.30	SNF Brentford v Aston Villa.
3.00	Premier League Highlights Highlights of Chelsea v Leicester City from Stamford Bridge.
3.30	Action from Tottenham Hotspur v Bournemouth.
4.00	Highlights from Manchester United v Arsenal at Old Trafford.
4.30	MNF Hits Action from West Ham United v Newcastle United.
5.00	Premier League Best Goals Memorable strikes from the 1994/95 campaign.
6.00	PL 100: Thierry Henry
6.30	Premier League Stories
7.00	Gillette Soccer Special
10.30	Premier League Stories
11.00	Premier League Years
1.00	AM PL Retro Bournemouth v Liverpool from 2016/17.
3.00	PL Greatest Games
4.00	Premier League Best Goals
5.30	to 6.00 AM Premier League 100 Club

TNT Sports 2

411	871	522	409	431
6.00	AM Serie A Highlights from Italy.			
8.00	SailGP Highlights			
8.30	SailGP – Racing on the Edge			
9.00	Fishing: On the Bank			
10.00	Snooker World Grand Prix			
12.00	NOON Sign Up – Into Football			
12.45	PM PL: Big Interview			
1.15	UEFA Champions League Highlights Show			
1.45	LIVE Cycling Coverage of the fourth stage of the Paris-Nice, a 163.4km route from Vichy to La Loge des Gardes.			
3.45	NBA A replay of New Orleans Pelicans v Los Angeles Clippers.			
5.15	Premier League Netbusters			
5.45	Premier League Review			
6.45	Premier League Reload			
7.00	LIVE UEFA Champions League Aston Villa v Club Brugge. Coverage of the last-16 second-leg staged at Villa Park. Kick-off 8.00pm.			
10.30	Ref: Stories from the Weekend			
11.30	Premier League Netbusters			
12.00	MT UFC Connected			
12.30	AM Fight Week			
1.00	UFC Pereira v Ankalaev.			
4.00	UFC Connected			
4.30	Fight Week UFC 313 review.			
5.00	to 6.00 AM Isuzu UTE A-League			

TNT Sports 4

414

876

524

411

434

6.00

AM Cycling Recent action.

8.00

One Day International Cricket

10.00

UEFA Champions League

1.00

PM Premiership Rugby Cup

3.00

SailGP – Racing on the Edge

3.30

Vendee Globe Highlights

4.30

Classic Premier League

5.00

UEFA Champions League Highlights Show Recent action.

5.30

LIVE

UEFA Champions League Lille v Borussia Dortmund. Coverage of the last-16 second-leg from Stade Pierre-Mauroy. Kick-off 5.45pm.

7.45

Cycling Action from the third stage of the Tirreno Adriatico.

8.45

Action from the fourth stage of the Paris-Nice race.

9.45

Snooker World Grand Prix

11.45

TNT Sports Reload

12.00

M/T Cycling Recent highlights.

2.00

AM TNT Sports Reload

2.30

A-League Women Highlights

3.00

NBA Classic Archive action.

5.30

to 6.00 AM NBA Originals

Sky Sports	Football
403 513 503 421 441	
6.00	AM Championship Retro
8.00	EFL Greatest Games
10.00	EFL Cup Retro The 2018 final.
10.30	EFL A 2009/10 play-off final.
12.00	NOON EFL Another chance to see Sheffield United v Bristol City.
2.00	PM Bundesliga Highlights Show
3.00	EFL Highlights
3.30	EFL Cup Highlights
4.30	EFL Highlights
5.00	EFL Cup Highlights
6.00	EFL Highlights
7.30	LIVE EFL Stoke City v Blackburn Rovers. Coverage of the Championship match from bet365 Stadium. Second-half goals gave Stoke a 2-0 win in the reverse fixture at Ewood Park, but Blackburn prevailed last season and will be looking for another victory here. Kick-off 8.00pm.
10.30	EFL Highlights Reading v Wrexham in League One.
10.45	Colchester United v Port Vale in League Two.
11.00	EFL Highlights
12.45	AM EFL Greatest Games
1.15	EFL A League One play-off final.
2.15	EFL Highlights
3.15	EFL Greatest Games
4.00	to 6.00 AM Championship Retro

Sky Sports	Action
408 517 507 426 446	
6.00	AM Super League Highlights
7.00	Fight Night International
9.00	Super League Highlights
10.00	Top Rank Boxing Archive A chance to see Manny Pacquiao v Miguel Cotto from 2009.
11.15	A replay of Davey Moore v Roberto Duran from 1983.
12.00	NOON Super League Highlights Top-flight action.
1.00	PM The Rugby Championship A replay of Australia v South Africa at Optus Stadium in Perth.
3.00	Fight Night International Denys Berinchyk v Keyshawn Davis at Madison Square Garden.
4.00	Super League Highlights
5.00	Top Rank Boxing Archive Manny Pacquiao v Miguel Cotto.
6.15	My Icon Duke McKenzie.
6.30	Super League Action from Hull FC v Leigh Leopards.
9.15	Super League Highlights
10.00	The Rugby Championship Australia v South Africa in 2024.
12.00	M'T Top Rank Boxing Archive
2.15	AM Super League Highlights
3.00	Top Rank Boxing Archive
4.00	Super League Highlights.
5.00	to 6.00 AM Top Rank Boxing Archive

Premier Sports 1

419 551

6.00 AM Cape to Cape
7.00 Asian Le Mans Series
8.00 Transworld Sport Magazine.
9.00 World Surf League
10.00 LaLiga Highlights
11.00 NASCAR Highlights
12.00 NOON Scottish Football
1.00 PM URC in 60 Highlights.
2.00 LaLiga News Headlines.
2.30 Top 14 Rugby Union Highlights
3.00 LaLiga Highlights
4.00 Transworld Sport Magazine.
5.00 NASCAR Highlights
6.00 Football Highlights and features.
8.00 World Surf League In Hawaii.
9.00 LaLiga Highlights
10.00 NASCAR Highlights
11.00 Transworld Sport Magazine.
12.00 M/T LaLiga Match Highlights
12.30 AM Women's Football Weekly
1.00 **LIVE** NHL Ice Hockey Calgary
Flames v Vancouver Canucks.
4.00 Asian Le Mans Series
5.00 Sporting Countdowns
5.30 to 6.00 AM Top 14 Rugby Union

Sky Sports	Cricket
404 514 504 422 442	
6.00	AM WPL Recent highlights.
7.00	IPL Royal Challengers Bengaluru v Chennai Super Kings.
8.00	ICC Champions Trophy Cricket
9.00	WPL Action from Mumbai Indians v Royal Challengers Bengaluru.
10.00	History of the ICC Champions Trophy Archive highlights.
11.00	WPL Action from India.
1.50	PM WPL Mumbai Indians v Royal Challengers Bengaluru.
5.30	Best of ICC WT20
6.00	ICC Champions Trophy Cricket Action from the final.
7.00	History of the ICC Champions Trophy Reflect on previous editions of the tournament.
8.00	WPL Action from Mumbai Indians v Royal Challengers Bengaluru.
9.00	ICC Champions Trophy Cricket Action from the final.
10.00	IPL Highlights from Mumbai Indians v Lucknow Super Giants at Wankhede Stadium, Mumbai.
11.00	WPL Mumbai Indians v Royal Challengers Bengaluru.
12.00	M'T ICC Champions Trophy Cricket Action from the final.
1.00	AM WPL Mumbai Indians v Royal Challengers Bengaluru.
4.40	Ashes Greats Player profiles.
5.00	to 6.00 AM IPL Highlights

Sky Sports	Sky Sports+
412 518 508 427 447	
6.00	AM Sky Sports News
7.00	Good Morning Sports Fans
10.00	The Football Show
12.00	NOON Lunchtime Live
2.00	PM Sports Desk
5.00	Sports Centre A round-up of the sports news with analysis, comment and extended interviews.
7.00	Sky Sports News Round-up of the sports news, with live analysis and comment, plus interviews with the headline-makers.
7.30	EFL Greatest Games Exeter City v Carlisle United: The League Two play-off semi-final second-leg.
7.35	LIVE EFL Leeds United v Millwall. Coverage of the Championship match staged at Elland Road. Kick-off 7.45pm.
9.45	LIVE WTA & ATP Tennis Coverage of day eight of the Indian Wells Open, a hard-court tournament at Indian Wells Tennis Garden, where the men's and women's singles fourth-round matches are scheduled to take place. Women's second seed Aryna Sabalenka suffered a shock defeat at the hands of Emma Navarro at this stage last year.
2.00	to 6.00 AM Sky Sports News

Premier Sports 2

420 **552**

6.00	AM NASCAR Xfinity Series
9.00	Bike World Magazine.
9.30	GP Confidential F1 news.
10.00	LaLiga Specials A look back.
11.00	NHL Ice Hockey Boston v Florida.
1.00	PM United Rugby Championship
3.00	GP Confidential F1 news.
3.30	Football's Greatest
4.00	United Rugby Championship
6.00	Football's Greatest
6.30	Bike World Magazine.
7.00	United Rugby Championship Munster v Edinburgh.
9.00	GP Confidential F1 news.
9.30	NHL Ice Hockey A replay of Boston Bruins v Florida Panthers.
11.30	LIVE NHL Ice Hockey Detroit Red Wings v Buffalo Sabres. Coverage of the Eastern Conference match staged at Little Caesars Arena. Face-off 12.30am.
2.30	AM Bike World Magazine.
3.00	Africa Eco Race
3.30	NHL: This is Hockey
4.00	to 6.00 AM Top 14 Rugby Union

Sky Sports	Golf
405 515 505 423 443	
6.00	AM The Players Championship
6.30	DP World Tour Golf
7.00	PGA Tour Golf
9.00	Ladies European Tour Golf
10.00	Players Championship 2019
11.30	McGinley & Chamblee at the Players A look ahead.
1.00	PM Live from the Players Championship The latest news.
8.00	LIVE The Players Championship: Creator Classic The nine-hole event at TPC Sawgrass, featuring a field of online golf content creators.
11.00	PGA Tour: The Cut.
11.30	Ladies European Tour Golf
12.30	AM PGA Tour Champions
1.30	PGA Tour Golf Highlights.
2.30	Masterpiece Theatre
2.45	PGA Tour Profiles
3.00	to 6.00 AM The Players Championship Official Film

Sky Sports	Tennis
407 537 520 425 445	
6.00	AM Bitesize Tennis From 2024.
6.15	Tim Henman Podcast 2024
6.30	ATP Tennis Santiago Open final.
7.30	Billie Jean King: My Story
7.45	Martina Navratilova: Unstoppable An interview.
8.00	WTA & ATP Tennis Indian Wells.
12.00	NOON ATP Tennis Highlights.
1.00	PM WTA Tennis Review of the Dubai Tennis Championships.
1.30	WTA & ATP Tennis Highlights from the Indian Wells Open.
5.30	LIVE WTA & ATP Tennis Coverage of day eight of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California.
3.00	AM Bitesize Tennis From 2024.
3.45	Franca Tiafoe Podcast 2024
4.00	ATP Tour This Week
4.30	to 6.00 AM WTA Tennis

Sky Sports	Mix
416 873 510 429 449	
6.00	AM Top Rank Boxing Archive
8.45	My Icon Ebony Rainford-Brent.
9.00	The Rugby Championship
11.00	WPL Recent action from India.
5.30	PM Fight Night Natasha Jonas v Lauren Price at Royal Albert Hall.
6.30	Top Rank Boxing Archive Marvin Hagler v Roberto Duran.
8.00	A chance to see Iran Barkley v Roberto Duran in 1989.
9.15	A chance to see Davey Moore v Roberto Duran in 1983.
10.00	The Rugby Championship
12.00	M'T DP World Tour Golf
12.30	AM Top Rank Boxing Archive
1.45	My Icon Ebony Rainford-Brent.
2.00	DP World Tour Golf
2.30	The Rugby Championship
4.30	Top Rank Boxing Archive
5.45	to 6.00 AM My Icon

Sky Sports	F1
406 516 506 424 444	
6.00	AM Formula 1 From Australia.
10.00	The F1 Show: Season Preview
11.00	Formula 1 Archive action.
3.40	PM Jensen Back in His 2009 Brawn Car
3.50	Luke Littler & Lando Norris
4.00	Formula 1 Australian Grand Prix.
6.25	F1 Explained – Starting a GP
6.30	The F1 Show: Season Preview
7.30	Formula 1 Australian Grand Prix.
8.30	The F1 Show: Season Preview
9.30	The Rookies Documentary.
10.30	Formula 1 Australian Grand Prix.
12.35	AM Driven by Us
12.45	Nicolas Hamilton: My Story
12.55	F1 Explained – Marshalls
1.00	Formula 1 Season highlights.
1.30	The F1 Show: Season Preview
2.30	F1 Drivers Press Conference
3.30	F1 Show 2024 Season Review
5.00	to 6.00 AM The F1 Show: Lights Out

Factual

NEW



Stacey Dooley: Rape on Trial

BBC3, 9pm & 9.50pm (box set, iPlayer)

The host meets four rape victims and follows their cases through to the trials.

OnDemand

NETFLIX

Adolescence

Available today

Stephen Graham stars in this knife-crime drama as a dad whose teenage son is accused of killing a classmate.



NEW

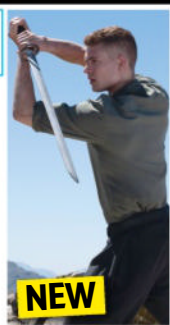
OnDemand

prime

The Wheel of Time

Available today

As the fantasy drama returns, the threats against the Light are multiplying. Stars Joshua Stradowski.



NEW

OnDemand

Paramount+

NCIS: Origins

Available today

Spin-off prequel focussing on Agent Gibbs (Austin Stowell) pre-NCIS, as he comes to terms with the death of his family.



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Dragons' Den	9.00 The Apprentice	10.00 News; Local News
102 BBC2	7.00 Celebrity Antiques Road Trip	8.00 Great British Menu	9.00 Strike! The Village That Fought Back	10.00 Apprentice...	10.30 Newsnight
103 ITV1	6.30 News	7.30 Emmerdale	8.30 Tonight †	9.00 The Undercover Police Scandal: Love...	10.00 News; Local News
104 CHANNEL 4	7.00 News	8.00 The Dog House	9.00 Get Millie Black	10.00 24 Hours in A&E	
105 CHANNEL 5	7.00 Portugal with Michael Portillo	8.00 Tales from the Riverbank	9.00 The Au Pair	10.00 The Push: Murder on a Cruise Ship	
106 SKY SHOWCASE	7.00 The Simpsons	8.15 Rob Beckett's Smart TV	9.00 Ferrari: Race to Immortality		

ENTERTAINMENT

115 BBC3	7.00 Dynasties II	8.00 Top Gear	9.00 Stacey Dooley: Rape on Trial		
116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 Film: The Ipcress File	9.45 Film: Get Carter	
118 ITV2	7.00 Deal or No Deal	8.00 Ant & Dec's Limitless Win	9.00 Family Guy		
136 MORE4	6.55 Car S.O.S.	7.55 Renovation Nation	9.00 Grand Designs	10.00 Britain's Most Expensive Houses	
135 E4	7.00 The Simpsons	7.30 Married at First Sight Australia	9.00 Gogglebox	10.00 First Dates	
107 SKY WITNESS	7.00 Nothing to Declare	8.00 FBI: Most Wanted	9.00 FBI: International	10.00 The Good Doctor	
108 SKY ATLANTIC	6.55 Six Feet Under	8.00 Game of Thrones	9.00 Small Town, Big Story	10.00 Homicide: Life on the Street	
110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army: The Lost...	8.20 Dad's Army	9.00 Gavin & Stacey	10.20 Harry Enfield and...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games	9.00 QI XL	10.00 Have I Got a Bit More News for You	
119 ITV3	6.55 Heartbeat	8.00 Vera		10.00 Endeavour	
120 ITV4	7.00 Cycling: Paris-Nice Highlights	8.00 Junk and Disorderly	9.00 Film: High Plains Drifter		
112 COMEDY CENTRAL	7.00 Friends		9.00 Film: Analyze This		
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1	9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.05 Stargate SG-1	8.10 Rob Beckett's Smart TV	9.00 Small Town, Big Story	10.00 Film: Dorian Gray	
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar	9.00 Murdoch Mysteries	10.00 Death in Paradise	
130 SKY ARTS	7.00 Landscape Artist of the Year		9.00 Film: The Pearl of Death	10.20 The Directors	
132 U&W	7.00 MasterChef USA	8.00 Ambulance Australia	9.00 How to Catch a Serial Killer	10.00 Trevor McDonald and the Killer Nurse	

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Kindig Customs	9.00 Caught!		
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees	8.00 Meet the Orangutans	9.00 Meet the Penguins	10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation	8.00 Car S.O.S.	9.00 Mysterious Islands	10.00 Lawless Island	
123 SKY HISTORY	7.00 Forged in Fire	8.00 Claw Hunters	9.00 Forged in Fire		
155 U&YESTERDAY	7.00 Speed with Guy Martin	8.00 Bangers & Cash	9.00 Dream Car Fixers	10.00 Bangers & Cash	
121 SKY DOCS	7.00 Chernobyl...	7.30 I Am Steve McQueen	9.00 Ferrari: Race to Immortality		

FILMS - Sky Cinema

301 PREMIERE	6.20 The Good Half	8.00 Fight or Flight	9.50 Blood for Dust		
302 ORIGINALS	6.10 The Beekeeper	8.00 Extremely Wicked, Shockingly Evil and Vile	10.00 One Shot		
303 HITS	6.00 Anyone But You	8.00 A Quiet Place: Day One	9.55 Asteroid City		
304 CLASSICS	6.30 Airplane!	8.00 Airplane II - The Sequel	9.30 Singin' in the Rain		
305 ANIMATION	7.10 The Garfield Movie	9.00 Rock Dog 3: Battle The Beat	10.40 Swan...		
306 FAMILY	7.00 The Spiderwick Chronicles	8.40 The Smurfs		10.30 The Smurfs 2	
307 ACTION	6.20 Ghost Rider: Spirit of Vengeance	8.00 Mad Max: Fury Road		10.05 The Legend of Zorro	
308 COMEDY	6.20 Happy Gilmore	8.00 Two Weeks Notice	9.45 The Book of Clarence		
309 THRILLER	6.05 Hanna	8.00 Inferno		10.10 Shaft	
310 DRAMA	6.15 Lady Bird	8.00 Catch Me If You Can		10.25 What Dreams...	
311 SCI-FI	6.15 The Nun	8.00 Passengers		10.00 Resident Evil: Damnation	
313 FILM4	6.50 The Devil Wears Prada	9.00 Boss Level			

SPORT

401 MAIN EVENT	7.00 Premier League Darts - Live: Coverage of night six of the tournament at Motorpoint Arena Nottingham				
402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox	9.00 Big Interview	9.30 PL Stories
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL - Live: Bromley v Walsall (Kick-off 8.00)		10.00 PL Icons	
404 CRICKET	6.00 Quest...	7.30 Best of ICC...	8.00 WPL	9.00 ICC Men's T20 World Cup	10.00 IPL
410 TNT SPORTS 1	7.00 UEFA Europa League - Live: Manchester United v Real Sociedad (Kick-off 8.00)				10.30 UEFA Europa...
411 TNT SPORTS 2	7.00 UEFA Europa League - Live: Rangers v Fenerbahce (Kick-off 8.00)				10.30 Ally's Social...



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Crimewatch Live **New edition** (S)
11.30 Homes Under the Hammer (S)(R)
12.15 PM **NEW** 25 Years of Bargain Hunt Memorable moments. (S)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Clean It, Fix It **New edition** The team help a family whose home has been devastated by a flood. (S)
2.30 Money for Nothing (S)(R)
3.00 Escape to the Country (S)(R)
3.45 Make It at Market **New edition** A leatherworker and a textile weaver seek advice. (S)(AD)
4.30 The Finish Line **New edition** (S)
5.15 Pointless Quiz show. (S)(R)
6.00 BBC News (S)
6.30 Local News (S)



8.00 Dragons' Den

- 7.00** The One Show
Alex Jones presents topical stories and celebrity chat. (S)
7.30 EastEnders
Sonia prepares herself for an important day, while Kat struggles to get to grips with Tommy's new interest. (S)(AD)

- 8.00** Dragons' Den
9/14. The entrepreneur behind an inclusive nail polish brand seeks investment, as do two brothers promoting their motorcycle clothing brand. Evan Davis hosts. (S)(R)(AD)

- 9.00** The Apprentice **New edition** 7/12. The remaining candidates are tasked with designing a new children's banking app and a money box to go with it. (S)(AD)
■ The Apprentice: You're Fired follows on BBC2

- 10.00** BBC News (S)
10.30 Local News (S)
10.40 Question Time
Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests to answer questions from an invited audience on subjects that have made the headlines over the past week. (S)
11.40 Newscast A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM Weather for the Week Ahead Seven-day forecast. (S)
12.15 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM Escape to the Country (S)(R)
7.15 Make It at Market (S)(R)(AD)
8.00 Sign Zone: Gardeners' World (R)
9.00 BBC News (S)
12.15 PM Politics Live (S)
1.00 Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz show. (S)(R)
3.15 The Farmers' Country Showdown Droitwich Food Festival. (S)(R)
3.45 Eva Longoria: Searching for Mexico Double bill. (S)(R)(AD)
5.10 Beechgrove Repotted (S)(R)
5.15 Flog It! From East Sussex. (S)(R)
6.00 Richard Osman's House of Games Des Clarke, Rachel Fairburn, Trevor Nelson and Kimberley Nixon take part. (S)(R)
6.30 Great Continental Railway Journeys **New edition** 4/20. Michael explores Sarajevo. (S)(AD)



9.00 Strike! The Village That Fought...

- 7.00** Celebrity Antiques Road Trip
TV and radio journalist Sima Kotecha and DJ Bobby Friction from BBC Asian Network tour Oxfordshire and Northamptonshire on the hunt for cut-price items, with Roo Irvine and Philip Serrell. (S)(R)

- 8.00** Great British Menu **New edition** The two highest-scoring chefs from Northern Ireland cook their six-course menus again, with one going through to the national finals. With guest judge Pamela Ballantine. (S)

- 9.00** **NEW** Strike! The Village That Fought Back
Documentary examining the story of Polmaise colliery in Stirlingshire, where miners were first to go out and last to return to work during the 1984-85 miners' strike. (S)(AD)

- 10.00** The Apprentice: You're Fired **New edition** 7/11. Tom Allen interviews the latest candidate to leave the process. (S)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 Forensics: The Real CSI 2/3. Officers search for a man who could be a witness to a murder – or the chief suspect. (S)(R)(AD)
12.05 AM Sign Zone: Great British Menu Chefs from central and eastern England cook their main courses and desserts. (S)(R)
1.05 Sign Zone: Robson Green's Weekend Escapes (S)(R)(AD)
1.35 Sign Zone: Israel and the Palestinians – The Road to 7th October Documentary. (S)(R)(AD)
2.35 to **6.30** AM Previews (S)

ITV1

- 103** **103** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine Entertainment, current affairs and fashion news. (S)
10.00 This Morning Celebrity chat, advice and lifestyle features. (S)
12.15 PM ITV News (S)
12.35 Local News (S)
12.45 **LIVE** Racing: Cheltenham Festival Ed Chamberlin presents coverage of the third day of the prestigious festival, including the 3.20 Ryanair Steeple Chase and the 4.00 Paddy Power Stayers' Hurdle. With analysis from AP McCoy, Ruby Walsh, Megan Nicholls and Luke Harvey, and commentary by Richard Hoiles. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



9.00 The Undercover Police Scandal

- 7.30** Emmerdale
Marlon and Rhona hold a funeral without April, Dawn's head is turned, and Tracy hides her financial struggles. (S)(AD)

- 8.30** Tonight: Celebrity Scams – Are You At Risk? **New edition** With scammers impersonating celebrities, and creating fake ads that push fraudulent investments, Alex Beresford reveals what viewers can do to protect themselves. (S)

- 9.00** The Undercover Police Scandal: Love and Lies Exposed **New edition** There Are Others: 2/3. A mutual friend introduces Helen and Alison and they swap stories. (S)(AD)

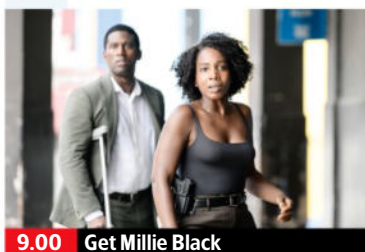
- 10.00** ITV News (S)
10.30 Local News (S)
10.45 Regional Programmes See Local Variations. (S)

- 11.15** It's Clarkson on TV Jeremy Clarkson takes a look at the highs and lows of the small screen, judging shouty Americans and manufactured jeopardy. (S)(R)(AD)
12.00 M'T Teleshopping
3.00 AM Emergency Nurses: A&E Stories The nurses face severed arteries and dislocations. (S)(R)
3.50 Unwind with ITV (S)
5.00 to **6.00** AM Ant & Dec's Limitless Win (S)(SL)(R)

+1 hour 203 303 35 112

CHANNEL 4

- 104** **104/108** **108** **4** **104** **104/106**
- 6.25** AM Cheers 23-26/26. (S4) (S)(R)
8.10 Everybody Loves Raymond (S)(R)
9.10 Frasier (S10&11) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Washington. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun In Normandy, Clint and Carol's B&B finally opens for business. (S)(R)
5.00 Four in a Bed **New edition** The final visit of the week is to The Pocklington in Leicester. (S)
5.30 Come Dine with Me **New edition** IT consultant David hosts the fourth dinner party in Cardiff. (S)
6.00 A Place in the Sun **New edition** A Yorkshire couple seek a home in the Charente-Maritime region. (S)



9.00 Get Millie Black

- 7.00** News (S)

- 8.00** The Dog House **New edition** When it comes to dating etiquette, Breeze the American bulldog-cross leaves a lot to be desired when he meets 31-year-old Charlotte, while Nettle the pointer would like some stability in her life. (S)(AD)

- 9.00** Get Millie Black **New episode** 4/5. Unable to trust anyone, Millie breaks protocol. In the aftermath of a grim confrontation, she has to resort to extreme measures to protect the ones she loves and find Romeo. (S1) (S)(AD)

- 10.00** 24 Hours in A&E
A 65-year-old woman is rushed to Queen's Medical Centre in Nottingham after being found collapsed in the park, while domestic cleaner Deanna shares her struggles in early life. (S)(R)(AD)
11.05 Super Surgeons: A Chance at Life Documentary. (S)(R)(AD)
12.05 AM 999: On the Front Line (S)(R)
1.00 Michael Sheen's Secret Million Pound Giveaway (S)(SL)(R)(AD)
1.55 The Great School Swap: UK to USA (S)(SL)(R)(AD)
2.50 Ramsay's Kitchen Nightmares USA From New Jersey. (S)(SL)(R)
3.45 Jamie's Comfort Food (S)(R)
3.55 Kirstie and Phil's Love It or List It
4.50 Location, Location, Location (R)
5.45 to **6.25** AM Countdown (S)(R)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 Medical documentary. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM PREMIERE My Two
 Husbands Thriller with Kabby Borders and Isabelle Almoyan. (S) (2024, PG, 105min) ★★
4.00 Bargain-Loving Brits in the Sun Burnley magician Matt hopes he is fit enough for an escape act. (S)(R)(AD)
5.00 News (S)
6.00 Eggheads Come On Simon seek a winning strategy. (S)(R)
6.25 Out on a Limb 2 try to defeat the quiz experts. (S)(R)
6.55 News (S)



LAST ONE

9.00 The Au Pair

- 7.00 Portugal with Michael Portillo**
 2/6. Michael's journey continues in Portugal's oldest city, Braga, and its oldest town, Ponte de Lima. (S)(R)
7.55 News (S)

- 8.00 Tales from the Riverbank**
New edition Clare Balding explores the River Wye, which criss-crosses the border between England and Wales. She begins in the historic town of Chepstow and travels to Hay-on-Wye. (S)
9.00 The Au Pair
Series finale 4/4. As pressure mounts and hidden agendas collide, the family are thrust into a confrontation that will test their loyalties. (S1) (S) ■ Entire series on 5, formerly known as My5

- 10.00 NEW The Push: Murder on a Cruise Ship**
 Documentary investigating the case of Micki Kanesaki, who vanished while on a cruise in 2006, and whose body was discovered off the southern coast of Italy. (S)

- 11.30 A Killer Makes a Call** The story of David Browning, a married father of two who confessed to murdering his boss. (S)(R)
12.30 AM Friends (S1) (S)(R)(AD)
1.00 PlayOJO Live Casino Show (S)
3.00 Gardening with Carol Klein
4.40 Wildlife SOS (S)(SL)(R)
5.05 Great Scientists (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S3) (S)(R)
11.00 Planet Shark (S)(R)(AD)
12.00 NOON The Flash (S8) (S)(R)
1.00 PM Hawaii Five-0 (S1) (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 The Simpsons Pranks and Greens: Bart befriends a former schoolboy prankster. (S)(R)
5.30 Catch 'Em If You Can: Marge and Homer go on a second honeymoon. (S)(R)
6.00 The Office (US) 13/25. Dwight is tasked with finding a part-time replacement for Jim, and enlists the help of a few of his close friends. (S)(R)
6.30 14/25. Pam's warehouse mural is vandalised. (S9) (S)(R)



9.00 Ferrari: Race to Immortality

- 7.00 The Simpsons**
Rednecks and Broomsticks: Lisa accepts an invitation to join a Wiccan coven. (S)(R)
7.25 Thursdays with Abie: A columnist writes a series of stories about Grampa. (S)(R)
7.50 Once Upon a Time in Springfield: Romance blossoms between Krusty and his new co-star. (S)(R)
8.15 Rob Beckett's Smart TV
 Comedy panel show, with guests Gyles Brandreth, Sope Dirisu, Judi Love and Helen George. (S)(R)(AD)

- 9.00 Ferrari: Race to Immortality**
 Formula One documentary chronicling the early years of the Scuderia Ferrari racing team, which was founded by the legendary Enzo Ferrari. (S)(R)(AD)

- 11.00 An Idiot Abroad** 6/8. Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro, taking in the culture of Brazil along the way. (S)(R)(AD)
12.00 MT Veep (S6) (S)(R)(AD)
1.10 AM The Force: Manchester (R)
2.05 Road Wars (S)(R)
3.00 NCIS: Los Angeles (S13) (S)(R)
4.00 Magnum P.I. (S5) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964

- 11.30am Money for Nothing** 12.00noon-
1.00pm First Minister's Questions 3.00-3.45pm
 25 Years of Bargain Hunt
7.00-7.30 River City
12.10am Scotcast 12.40
 Weather for the Week Ahead 12.45-6.00am
 BBC News

N. IRELAND

Sky 966, Virgin 863, Freesat 966

- 10.40pm The View**
11.20 Question Time
12.20am Newscast
12.55-6.00am BBC News WALES
 Sky 965, Virgin 864, Freesat 965
8.00pm Weatherman
 Walking 8.30-9.00pm
 BBC Wales Investigates

BBC2

N. IRELAND

Sky 969, Freesat 969

- 7.00pm The Great House Revival** 7.50-8.00pm
 Gardening Together with Diarmuid Gavin
WALES
 Sky 968, Freesat 968

- 7.00pm Scrum V: The Warm Up** 7.30-8.00pm
 Villages by the Sea

ITV1

As main ITV1 except:

ANGLIA

- 10.45-11.15pm Anglia Late Edition**

BORDER/TYNE TEES

- 10.45-11.15pm Around the House**

LONDON

- 10.45-11.15pm The Late Debate**

CENTRAL

- 10.45-11.15pm Central Lobby**

GRANADA

- 10.45-11.15pm The Granada Debate**

MERIDIAN

- 10.45-11.15pm The Last Word**

WALES

- 10.45-11.15pm Welsh Lives**

WEST/WESTCOUNTRY

- 10.45-11.15pm The Westcountry Debate**

YORKSHIRE

- 10.45-11.15pm Last Orders**

S4C

Sky 134, Virgin 164, Freesat 120

- 6.00am Cyw** 12.00noon
 Newyddion a'r Tywydd
12.05pm Ffasiwn Drefn
12.30 Heno 1.00 Dim Byd
 i'w Wisgo 1.30 Y Byd ar
 Bedwar 2.00 Newyddion
 a'r Tywydd 2.05 Prynhawn
 Da 3.00 Newyddion a'r
 Tywydd 3.05 Yr Afon
4.00 Awr Fawr 5.00
 Stwnsh 6.00 Y Sin 6.30
 Cartrefi Cymru 6.57
 Newyddion 7.00 Heno
7.30 Newyddion a'r Tywydd
8.00 Pobol y Cwm 8.25
 Rownd a Rownd 8.55
 Newyddion a'r Tywydd
9.00 Jonathan 10.00
 Y Llais 11.00-11.35pm
 Cais Quinell

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM Dynasties II** A spotted hyena queen struggles to keep her grip on power.
7.55 The Catch Up
8.00 Top Gear Jeremy, Richard and James build their own versions of motorhomes.
9.00 NEW SERIES Stacey Dooley: Rape on Trial 1/2. The journalist meets four victims who have reported being attacked by someone they know. 9.50 **Series finale** 2/2. Stacey follows the cases in the lead-up to the trials. ■ Entire series on BBC iPlayer
10.40 Charlotte in Sunderland 1/10. Charlotte Crosby showcases her home town. 11.10 2/10. Charlotte announces her pregnancy.
11.40 Liar: The Fake Grooming Scandal The truth behind a woman's false rape and trafficking allegations.
12.40 AM Go Hard or Go Home
1.40 Top Gear As 8.00pm.
2.35 Charlotte in Sunderland to 3.55 AM Stacey Dooley: Rape on Trial

MORE4

136/137 831 147 18 124

- 8.55 AM Food Unwrapped**
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY A power failure threatens preparations for Zion's 60th birthday at Château de la Boutinière.
5.50 Car S.O.S Fuzz Townshend and Tim Shaw restore a classic 1960s Mercedes. 6.55 Fuzz and Tim work on an Aston Martin DB6.
7.55 Renovation Nation The owners of a lock-keeper's cottage in Cambridge learn more about their property.
9.00 Grand Designs Holistic therapist Kara and electrician Jonny build a four-bedroom home made of stone and zinc in the rolling hills of West Yorkshire with accessibility being the priority.
10.00 Britain's Most Expensive Houses Christine teams up with Tessa and Amy to close a deal on a Grade-I listed Georgian townhouse in Bath.
11.05 Two Men on a Bike David Baddiel and Hugh Dennis head to the port of Le Somail.
12.10 AM 24 Hours in A&E A woman is rushed in after her horse fell on top of her.
1.15 Emergency Helicopter Medics Double bill.
3.25 to 3.50 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM Climbing Great Buildings** The Liver Building.
7.30 Who Do You Think You Are? USA Kelsey Grammer traces his family tree.
8.00 FILM The Ipcress File
 Vintage British spy thriller starring Michael Caine as author Len Deighton's cockney intelligence agent Harry Palmer, here investigating a sinister brain drain of scientists. (1965, PG, 108min) ★★★★★
9.45 FILM Get Carter Vintage British thriller starring Michael Caine. A tough London gangster takes on Newcastle's underworld to avenge his brother's death. (1971, 18, 112min) ★★★★★
11.30 Michael Caine: Talking Pictures
12.25 AM Climbing Great Buildings As 7.00pm.
12.55 Who Do You Think You Are? USA As 7.30pm.
1.25 to 2.40 AM Imagine: Kazuo Ishiguro – Remembering and Forgetting

E4

135/136 830 106 13 122

- 6.00 AM Modern Family**
6.55 Rude(ish) Tube Shorts
7.00 Kitchen Nightmares USA
8.00 The Goldbergs
9.00 The Big Bang Theory
10.00 Young Sheldon
11.00 Married at First Sight
 Australia Reality series.
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons Double bill.
7.30 Married at First Sight
 Australia **New edition** As Confessions Week continues, some couples' bond deepens, but hidden truths and simmering tensions push others to breaking point, culminating in a shocking revelation.
9.00 Gogglebox Opinions on SAS: Who Dares Wins, Secret Crush and Dragons' Den.
10.00 First Dates Hairdresser Mula is left waiting for her date to turn up.
11.05 Naked Attraction
12.05 AM Married at First Sight
 Australia As 7.30pm.
1.35 Rick and Morty
2.05 Common Side Effects
New episode Animation.
2.30 Gogglebox
3.30 Abbott Elementary
3.55 The Goldbergs
4.45 to 6.00 AM
 The Neighborhood

+1 hour 235/236 306 30 123

Thursday

primetime

primetime

THURSDAY Entertainment

Thursday

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
7.00 Motorway Patrol
8.00 Border Patrol
9.00 Border Security USA
10.00 Border Security: America's Front Line Double bill.
11.00 Caught on Dashcam
12.00 NOON The Good Doctor
1.00 PM The Cleaning Lady (S2)
2.00 Chicago Fire 17/22. Brett and Violet encounter multiple victims with strange symptoms.
3.00 18/22. A familiar face returns to Firehouse 51. (S1)
4.00 Nothing to Declare

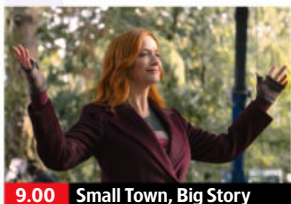


9.00 FBI: International

Sky Atlantic

108/109 808 342 357

- 6.00 AM Richard E Grant's Hotel Secrets Double bill.
8.00 True Blood 6&7/12. (S4)
10.00 Six Feet Under (S1&2)
12.20 PM Game of Thrones (S5)
1.25 Westworld 6&7/10. (S1)
3.35 True Blood 6/12. Sookie searches for Jason under the light of the full moon.
4.40 7/12. Bill discovers Marnie's deadly plans for the vampires of Bon Temps. (S4)
5.45 Six Feet Under 13/13. Brenda visits Billy in the institution before arguing with Nate. (S1)



9.00 Small Town, Big Story

Sky Max

113/114 813 111 346 351

- 6.00 AM Hawaii Five-0 (S1)
8.00 The Flash 8/20. (S8)
9.00 Stargate SG-1 13&14/22. (S3)
11.00 Supergirl 17/20. (S1)
12.00 NOON The Flash 9/20. (S8)
1.00 PM Hawaii Five-0 (S1)
3.00 NCIS: Los Angeles (S13)
4.00 Magnum P.I. 20/20. Thomas and Higgins take a major step in their relationship. (S5)
5.00 Supergirl 16/20. Kara is exposed to red Kryptonite. (S1)
6.00 Stargate SG-1 13/22. Part two of two. The team are subjected to painful memories. (S3)



4.00 Magnum P.I.

ITV2

118 816 115 6 113

- 6.00 AM CITV
9.00 World's Funniest Videos
9.55 Love Bites Double bill.
12.00 NOON Dinner Date
1.00 PM Deal or No Deal
2.00 Supermarket Sweep
3.00 Charmed 12/22. Wyatt's third party gets out of hand. (S8)
4.00 Gilmore Girls 11/22. Christopher tries to make amends with Rory. (S5)
5.00 Dinner Date
6.00 Celebrity Catchphrase With Beverley Callard, Stephen K Amos and Kirsty Gallacher.



9.00 Family Guy

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
7.00 Classic Coronation Street
8.10 Inspector Morse
10.35 The Royal Pastures New.
11.40 Heartbeat Double bill.
1.40 PM Classic Emmerdale
3.10 Classic Coronation Street
3.40 Inspector Morse Fat Chance: A deaconess is found dead.
5.55 Heartbeat Dangerous Whispers: Gina Ward makes a surprise return to Aidsfield, and Bellamy encounters a key informant who might come in useful.



8.00 Vera

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8.00 FBI: Most Wanted Execute: 2/15. A family are killed in a car crash triggered by a hacker. (S2)

9.00 FBI: International A Proven Liar: 7/22. A businessman's bodyguard and girlfriend are kidnapped. (S2)

10.00 The Good Doctor Take My Hand: 4/20. Shaun and Aaron are troubled by issues in their personal lives. (S3)

11.00 The Rookie 21/22. (S4)
12.00 MT Law & Order: Organized Crime 2/22. (S2)

1.00 AM FBI: Most Wanted (S2)
2.00 The Good Doctor 8/18. (S2)
3.00 The Rookie: Feds 18/22. (S1)
4.00 Highway Patrol
5.00 to 6.00 AM Road Wars

+1 hour 207 310

6.55 Six Feet Under In the Game: 1/13. Nate's MRI tests reveal he has a condition that could prove fatal. (S2)

8.00 Game of Thrones The Dance of Dragons: 9/10. Arya runs into a familiar face and Mace Tyrell visits the Iron Bank. (S5)

9.00 Small Town, Big Story New episode On Children: 3/6. The first day of filming leads to chaos. (S1)
■ Entire series on Box Sets

10.00 Homicide: Life on the Street The Last of the Watermen: 7/20. Kay returns to her home town for a break. (S3)

11.00 Gangs of London 5/8. Elliot tries to free himself of the Investors once and for all. (S2)

12.00 MT Watchmen 4/9. (S1)
1.00 AM The Nevers 4/6. (S1)
2.00 Mare of Easttown 4/7. (S1)
3.00 Game of Thrones (S5)
5.10 to 6.00 AM Fish Town

+1 hour 208/209

7.05 Stargate SG-1 Foothold: 14/22. The team return from a mission to discover staff at Stargate Command are not who they appear to be (S3)

8.10 Rob Beckett's Smart TV Gyles Brandreth, Sope Dirisu, Helen George and Judi Love take part.

9.00 Small Town, Big Story New episode On Children: 3/6. The first day of filming leads to chaos. (S1)
■ Entire series on Box Sets

10.00 FILM Dorian Gray Gothic horror drama starring Ben Barnes and Colin Firth. (2009, 15, 112min) ★★
SEX ●● VIOLENCE ●●● LANG ●●●

12.00 MT Poker Face 4/10. Charlie goes on tour with heavy metal band Doxxology, and suspects foul play when one musician winds up dead. (S1)

1.00 AM The Force
2.00 Road Wars
3.00 NCIS: Los Angeles (S13)
4.00 Magnum P.I. 20/20. (S5)
5.00 to 6.00 AM Highway Patrol

7.00 Deal or No Deal Stephen Mulhern hosts as Luke takes on the Banker for the chance to win a life-changing cash prize.

8.00 Ant & Dec's Limitless Win Cousins Adele and Adele take on the money ladder, playing for a truly life-changing cash prize.

9.00 Family Guy 3/12. Joe begins to feel his disability is holding Bonnie back.
9.35 4/12. Stewie decides to murder Lois. (S6)

10.05 Family Guy 14/18. Peter and Lois buy a restaurant.
10.35 15/18. Residents of Quahog are convinced Stewie is possessed. (S5)

11.05 Family Guy 16/18. The principal of the school tries to improve test scores. (S5)

11.35 American Dad! (S3&2)
12.35 AM Bob's Burgers (S13)
1.35 Don't Hate the Playaz
2.20 Deep Fake Neighbour Wars
2.45 to 3.00 AM Unwind with ITV

+1 hour 218 315 29 114

6.55 Heartbeat Scent of a Kill: Dr Merrick faces a testing time when a hospital patient claims her husband is trying to murder her.

8.00 Vera Dark Road: The detective investigates when a body is found on the moors, and discovers the victim was a controversial figure who had a complicated relationship with family.

10.00 Endeavour Zenana: The detective uncovers a potential link between a series of peculiar accidents leading him to an all-women Oxford college determined to eschew co-education.

11.55 Trial & Retribution 9/10. A police commander and his wife are murdered. (S10)
1.10 AM Wycliffe 6/8. (S3)
2.10 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
7.00 PM Reporting Scotland
7.30 The Entertainment Mix New edition Culture and arts news, presented by Michelle McManus.
8.00 Highland Cops Officers search for a man lost in the foothills of the Cairngorms.
9.00 Mrs Brown's Boys 4/6. Agnes decides to go on a diet. (S2)
9.30 Two Doors Down 4/6. Colin throws a birthday party for his father. (S2)
10.00 The Chief Series finale 4/4. Miekelson dusts off his old charm and gets set to explore the singles scene. (S1)
10.30 Best of Chewin' the Fat 3/10. Highlights of the comedy show. (S1)
11.00 Scotcast New edition Topical discussion.
11.30 PM to 12.00 MT Burnistoun 3/6. (S1)

Sky Comedy

114/115 814 112 347 362

- 8.00 AM Avenue 5 (S2)
9.15 The Conners (S1)
10.15 Vice Principals (S2)
11.25 Ballers 2&3/10. (S1)
12.35 PM Curb Your Enthusiasm (S4)
1.55 Vice Principals (S2)
3.05 Ballers 2&3/10. (S1)
4.25 Avenue 5 4&5/8. (S2)
5.40 The Office (US) (S9)
6.40 The Conners (S1)
7.40 Curb Your Enthusiasm 2/10. Larry offends actor Ben Stiller.
8.20 3/10. Larry tries to make amends with Michael. (S4)
9.00 Girls 3/10. Marnie is attracted to an artist.
9.40 4/10. Hannah starts a job at a law firm. (S1)
10.20 The Tonight Show Starring Jimmy Fallon New edition Talk show.
11.20 Barry 1&2/8. (S1)
12.35 AM Veep 3&4/10. (S6)
1.45 In the Long Run (S3)
2.45 Avenue 5 7-9/9. (S1)
4.30 to 5.00 AM Sort Of

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM John Williams: The Berlin Concert
7.50 Watercolour Challenge
8.50 Tales of the Unexpected
10.00 Hitchcock Presents
11.00 Discovering
12.00 NOON Watercolour Challenge Double bill.
1.00 PM Tales of the...
2.00 Stories from the National Portrait Gallery
3.00 Discovering
4.00 Comedy Legends
5.00 Portrait Artist 2021
6.00 Tales of the Unexpected
7.00 Landscape Artist of the Year Double bill.
9.00 FILM The Pearl of Death Thriller. (1944, b/w, PG, 69min) ★★
10.20 The Directors
11.20 Classic Literature & Cinema Adventures.
12.20 AM Oscar Micheaux: The Superhero of Black Film-Making
2.05 The Fantastic Mr Murray
3.05 Comedy Legends
4.05 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
9.00 Bondi Rescue
10.00 Highway Patrol
11.00 Nothing to Declare
12.00 NOON Motorway Patrol
1.00 PM Border Patrol
2.00 Bondi Rescue
3.00 Nothing to Declare
4.00 Star Trek: The Next Generation 23/26. (S7)
5.00 Stargate SG-1 (S1)
6.00 Stargate Atlantis (S2)
7.00 Star Trek: Voyager
8.00 Hawaii Five-0 (S8)
9.00 Murdered at First Sight
10.00 How I Caught the Killer An antiques dealer killed in his home.
11.00 How a computer at Vogue magazine helped solve a murder.
12.00 MT Snapped
1.00 AM Nothing to Declare
2.00 Brit Cops: Frontline Crime UK Documentary.
3.00 Highway Patrol
4.00 Border Patrol
5.00 to 6.00 AM Highway Patrol

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
7.40 Buying the View
8.10 Billie and Greg: The Family Diaries
9.10 Fletchers' Family Farm
10.10 Buying and Selling
11.10 The Real Housewives of Dubai Reality series.
12.05 PM Billie and Greg: The Family Diaries
1.05 The Only Way Is Essex
2.10 Dinner Date
3.10 Scott's Vacation House Rules New edition
4.05 The Real Housewives of Dubai Reality series.
5.00 The Real Housewives of Atlanta Reality series.
6.00 Buying and Selling
7.00 Fletchers' Family Farm
8.00 Dinner Date
9.00 Million Pound Pawn
10.00 Botched Medical series.
11.00 The Real Housewives of Miami Reality series.
11.55 The Only Way Is Essex
12.55 AM Buying the View
1.25 to 1.30 AM Unwind
+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
10.00 Father Dowling Mysteries 1/8. (S1)
11.00 Sue Thomas: F.B.Eye
12.00 NOON Hart to Hart
2.00 PM Father Dowling Mysteries 6/8. (S1)
3.00 Diagnosis Murder
5.00 Murder, She Wrote
7.00 M*A*S*H 13-16/24. (S3)
9.00 Randall and Hopkirk (Deceased) The House on Haunted Hill: 9/26. Marty is frightened by a haunted house. (S1)
10.00 The Avengers Mission - Highly Improbable: 24/24. Steed investigates a mysterious disappearance. (S5)
11.00 The Persuaders! (S1)
12.00 MT M*A*S*H (S3)
2.00 AM Randall and Hopkirk (Deceased)
3.00 The Persuaders! (S1)
4.00 Highway to Heaven
4.50 to 5.00 AM GREAT! Movie News Extra
+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Derby Through the Years
- 6.20 The Protectors
- 6.55 The Sweeney
- 7.50 Robin of Sherwood
- 9.00 Racing: The Opening Show
- 10.00 The Best of the 70s
- 10.15 Kojak
- 11.20 BattleBots **New edition**
- 12.30 PM Robin of Sherwood
- 1.40 Magnum, PI
- 2.40 Kojak
- 3.45 Minder
- 4.50 The Sweeney
- 5.55 The Chase Celebrity Special



9.00 High Plains Drifter

7.00 Cycling: Paris-Nice Highlights Stage five, a 196.5km route from Saint-Just-en-Chevalet to La Cote-Saint-Andre.

8.00 Junk and Disorderly Henry, Allen and Guy visit Phil and Annika's maze-like sheds, where they find a pair of motorbikes.

9.00 FILM High Plains Drifter Western directed by and starring Clint Eastwood. A mysterious gunslinger is hired to protect a remote frontier town from three vengeful outlaws. (1972, 18, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 FILM Kull the Conqueror Fantasy adventure with Kevin Sorbo. Kull the Conqueror is a king who battles against enemies determined to topple him. (1996, 12, 95min) ★

1.00 to 3.00 AM LIVE LIV Golf The opening round at Sentosa Golf Club in Singapore. Coverage continues on ITVX.

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 14/26. (S4)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 3/26. (S7)
- 2.00 Warehouse 13 10/20. (S4)
- 3.00 Stargate SG-1 2/20. (S10)
- 4.00 Star Trek: Voyager (S3)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 14/26. The Enterprise crew members lose consciousness for a day. (S4)



7.00 Warehouse 13

7.00 Warehouse 13 *We All Fall Down*: 10/20. Pete, Myka, Claudia and Jinks try to thwart Artie's plan. (S4)

8.00 Stargate SG-1 *Morpheus*: 2/20. The search for the Sangraal leads to serious trouble. (S10)

9.00 Grimm *El Cucuy*: 5/22. Nick and Hank battle a powerful Wesen who has become a vigilante. (S3)

10.00 The Walking Dead *The Grove*: 14/16. Tyreese and Carol face growing problems with Lizzie's troubling behaviour. (S4)

11.00 FILM Poseidon Rex Thriller starring Brian Krause and Anne McDaniels. A team of deep sea divers go in search of Mayan treasure underwater, only to awaken a hibernating dinosaur. (2013, 15, 81min) ★★

1.00 AM True Blood 5&6/12. (S2)
2.50 Train 4/12. (S1)
4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S12)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 2/20. (S5)
- 12.00 NOON The Mentalist (S5)
- 1.00 PM Death in Paradise (S1)
- 2.00 Murdoch Mysteries (S12)
- 4.00 The Doctor Blake Mysteries
- 5.00 Hudson & Rex 2/20. Charlie's estranged brother finds himself accused of the death of his boxing opponent. (S5)
- 6.00 Father Brown *The Dead of Night*: A supposed vampire strikes in Kempleford.



9.00 Murdoch Mysteries

7.00 The Mentalist *Red Lacquer Nail Polish*: 15/22. An elderly woman is apparently burned to death in her mansion. (S5)

8.00 White Collar *Quantico Closure*: 7/13. Neal looks into the mystery of the Codex, and Peter teams up with his ex-girlfriend. (S5)

9.00 Murdoch Mysteries **New episode** *The Murdoch Link*: 6/22. Murdoch investigates when a rare skull is stolen. (S18)

10.00 Death in Paradise *Music of Murder*: 7/8. The lead singer of Dwayne's favourite band is killed. With Keith Duffy. (S1)

11.00 The Mentalist As 7.00pm.
12.00 MT White Collar As 8.00pm.
1.00 AM Elementary 14/24. A serial killer who stalked and skinned his victims escapes from police custody. (S1)
1.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.20 AM Highlights
- 9.10 On the Up
- 9.45 Are You Being Served?
- 10.25 Only Fools and Horses
- 11.00 Last of the Summer Wine
- 12.20 PM Keeping Up Appearances
- 1.00 On the Up
- 1.35 Dad's Army: Lost Episodes
- 2.20 Only Fools and Horses
- 3.00 Are You Being Served?
- 3.40 Last of the Summer Wine
- 5.00 On the Up
- 5.40 Keeping Up Appearances
- 6.20 Are You Being Served?



10.20 Harry Enfield and Chums

7.00 Only Fools and Horses Del and Rodney agree to let Grandad join them on their holiday abroad.

7.40 Dad's Army: The Lost Episodes Frazer and Jones vie for promotion.

8.20 Dad's Army Sgt Wilson struggles to concentrate on his Home Guard duties.

9.00 Gavin & Stacey Pete and Dawn prepare to renew their wedding vows.
9.40 Bank Holiday Monday sees the Essex gang arrive for a day at the beach in Barry.

10.20 Harry Enfield and Chums Stan and Pam flash their cash in Spain.

11.00 Bottom A camping trip ends in disaster for Richie and Eddie.
11.35 Inside No 9
12.15 AM Here We Go
12.55 Gavin & Stacey
2.25 Harry Enfield and Chums
2.55 Bottom
3.25 to 4.00 AM Here We Go

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.15 AM Anthony Bourdain: Parts Unknown From Jamaica.
- 8.00 The Force: Behind the Line
- 10.00 American Pickers
- 12.00 NOON Storage Hunters UK
- 2.00 PM James May's Toy Stories: The Motorcycle Diaries
- 3.00 Top Gear Double bill.
- 5.00 Hairy Bikers' Best of British Si and Dave celebrate Britain's taste for exotic food.
- 6.00 Rick Stein's Road to Mexico The chef's culinary travels take him through Mexico City, Puebla and Oaxaca.



7.00 Would I Lie to You?

7.00 Would I Lie to You? With Nadiya Hussain, Bob Mortimer, Diane Morgan and Michael Smiley.

7.40 Richard Osman's House of Games With Athena Kugblenu and Nick Helm.
8.20 With Jessie Cave, Ayesha Hazarika, Simon Hickson and AJ Pritchard.

9.00 QI XL Guests Paul Sinha, Josh Widdicombe and Cariad Lloyd join regular panellist Alan Davies and host Sandi Toksvig.

10.00 Have I Got a Bit More News for You Anna Maxwell Martin hosts, with Steph McGovern and Chris McCausland.

11.00 Dave Gorman: Modern Life is Goodish Dave discusses AI, honesty in TV, leaving London and notions of 'celebrity'.
12.00 M'T Mock the Week
12.40 AM Would I Lie to You?
2.00 to 4.00 AM Meet the Richardsons

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location Double bill.
- 8.00 Kirstie and Phil's Love It or List It Kirstie Allsopp revisits couple who renovated their Newcastle home in 2016.
- 9.00 24 Hours in A&E An on-call stroke doctor recalls his experiences during the first week of the pandemic.
- 10.00 Gogglebox Opinions on recent TV shows.
- 11.05 Celebrity Gogglebox
- 12.10 AM FILM X Horror starring Mia Goth and Brittany Snow. (2022, 18, 105min) ★★★★★
- 2.15 The Dog House
- 3.20 Batch from Scratch: Cooking for Less
- 4.15 to 4.45 AM Travel Man: 48 Hours in Salzburg

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM Entertainment News
- 9.10 NCIS 13-15/24. (S12)
- 12.00 NOON Law & Order
- 6.00 PM NCIS Lockdown: 5/24. Armed men storm a pharmaceutical lab.
- 7.00 Viral: 6/24. A petty officer appears to have become the latest victim of a serial killer.
- 8.00 16 Years: 7/24. Ducky is forced to reveal he has been helping to solve crimes in his spare time. (S13)
- 9.00 Blue Bloods *Friends in Need*: 17/22. Jamie and Danny clash. (S6)
- 10.00 Law & Order: Special Victims Unit *Devastating Story*: 18/23. A female student claims to have been assaulted. (S16)
- 11.00 Law & Order: Special Victims Unit (S16)
- 1.50 AM Private Eyes (S4)
- 2.45 The Good Wife (S1)
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM Rich Kids Go Skint
- 9.00 Bargain-Loving Brits in the Sun Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 Rogue Claimers **New edition** A serial fraudster's false burglary claims are busted.
- 6.00 Home and Away
- 7.00 GPs: Behind Closed Doors Medical series.
- 8.00 Casualty 24/7: Every Second Counts
- 9.00 A&E After Dark
- 10.00 Ambulance: Code Red
- 11.00 Skin A&E Dr Adil deals with a messy back cyst.
- 12.00 M'T Cause of Death
- 1.00 AM GPs: Behind Closed Doors Medical series.
- 2.00 Casualty 24/7: Every Second Counts
- 2.50 Police Interceptors
- 3.35 to 4.00 AM Home and Away

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Entertainment News
- 9.15 Outback Truckers
- 10.15 Traffic Cops
- 11.15 Police Interceptors
- 12.15 PM FILM The Yellow Mountain Western. (1954, U, 77min) ★★
- 1.55 FILM Pillars of the Sky Western adventure starring Dorothy Malone. (1956, PG, 95min) ★★
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors
- 9.00 Trucking Hell Dave Crouch rides to the rescue of a truck that has broken down.
- 10.00 Outback Truckers Euan hitches a ride to deliver a volatile road in Tasmania.
- 11.00 Air Crash: Disaster Revealed Documentary.
- 12.00 M'T Deadliest Weather: Caught on Camera
- 1.00 AM Police Interceptors
- 2.00 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: The Big Build
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 DIY SOS: The Big Build
- 7.00 MasterChef USA **Series finale** The Grand Final continues with entree and dessert courses, before the winner is crowned.
- 8.00 Ambulance Australia Paramedics help a 96-year-old woman.
- 9.00 How to Catch a Serial Killer The investigation into Christopher Halliwell.
- 10.00 Trevor McDonald and the Killer Nurse
- 11.00 First Responders
- 12.00 M'T Hashtag Murder
- 1.00 AM Inside the Ambulance
- 2.00 to 3.00 AM Alex Jones: Making Babies

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
- 8.00 Doctors
- 9.15 Classic Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.15 Bergerac
- 4.20 All Creatures Great...
- 5.20 One Foot in the Grave
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 The Chelsea Detective
- 9.00 Bergerac **New episode** *Alone, Alone, Alone*: 3/6. A threatening letter confirms Bergerac's hunch that they have the wrong people in custody for Cate's murder. (S1)
■ Entire series on U
- 10.05 New Tricks
- 11.25 Bergerac
- 12.25 AM Lovejoy
- 2.45 to 4.00 AM Classic Holby City

+1 hour 243 316 60

THURSDAY Entertainment

Really

142 128 17 145

- 6.00 AM **Celebrity Fantasy**
Homes Victoria Hervey.
- 7.00 **Teleshopping**
- 8.00 **Salvage Hunters**
- 10.00 **Money for Nothing**
- 12.00 NOON **Escape to the Country** Double bill.
- 2.00 PM **Antiques Road Trip**
- 5.00 **Celebrity Yorkshire Auction House**
- 7.00 **Antiques Road Trip**
Charlie Ross and James Braxton travel to Sussex, Surrey and Hampshire.
- 8.00 Charlie Ross and James Braxton travel to the Cotswolds.
- 9.00 **My Haunted Hometown** *New edition*
Across North America, three people are tormented by ghosts.
- 10.00 **The Osbournes Want to Believe**
- 11.00 **Help! My House Is Haunted** Triple bill.
- 2.00 AM **Teleshopping**
- 4.00 to 6.00 AM **Salvage Hunters**

DMAX

159 169 39 147

- 6.00 AM **Alaska: The Last Frontier** Double bill.
- 8.00 **Outback Opal Hunters**
- 9.00 **Deadliest Catch**
- 11.00 **Alaska: Homestead Rescue** Double bill.
- 1.00 PM **Aussie Gold Hunters**
- 3.00 **Yukon Gold**
- 5.00 **Alaskan Bush People**
- 7.00 **Deadliest Catch**
The start of the Alaskan king crab season.
- 8.00 The fishermen anxiously await the call to begin work.
- 9.00 **I Was Bitten** Cases of unusual or serious snake bites and the science behind the attacks.
- 10.00 Attacks by a great white shark and a grizzly bear.
- 11.00 **Aussie Gold Hunters**
- 12.00 **MT Naked and Afraid XL** Documentary.
- 2.00 AM **Teleshopping**
- 5.00 to 6.00 AM **Building Alaska**

+1 hour 259 369 153

HGTV

158 191 44 149

- 7.00 AM **Building Alaska**
- 8.00 **A Place in the Sun**
- 10.00 **Escape to the Country**
- 12.00 NOON **My Lottery Dream Home**
- 2.00 PM **A Place in the Sun**
- 3.00 **Escape to the Country**
- 5.00 **A Place in the Sun**
- 8.00 **The Great Interior Design Challenge**
- 9.00 **Christina in the Country** *New edition*
Christina Haack helps homeowners transform a late mother's home into a modern and open space of their own.
- 10.00 **The Flip Off** *New edition*
The teams compete to design the best guest bedroom and bathroom.
- 11.00 **Flip or Flop** Double bill.
- 12.00 **MT Good Bones**
- 1.00 AM **Building Alaska**
- 2.00 **Home Town**
- 3.00 to 4.00 AM **My Lottery Dream Home**

+1 hour 258/262 391

Challenge

145 139 48 142

- 7.00 AM **The Chase**
- 10.00 **The Bidding Room**
- 11.00 **Play Your Cards Right**
- 12.00 NOON **Tenable**
- 1.00 PM **Family Fortunes**
- 3.00 **Catchphrase** Double bill of the game show.
- 4.00 **Blockbusters** Double bill of the quiz show.
- 5.00 **Bullseye** Double bill.
- 6.00 **The Bidding Room**
Including a bed of nails and a Chopper bicycle.
- 7.00 **Tenable** Warwick Davies hosts the quiz as a team of five answer questions about top 10 lists.
- 8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
- 10.00 **Tenable** As 7.00pm.
- 11.00 **Bullseye** Double bill of the darts-based quiz.
- 12.00 **MT Weakest Link** Ann Robinson hosts the quiz.
- 1.00 AM **The Crystal Maze**
- 2.00 **The Chase** Double bill.
- 4.00 **Tenable** As 7.00pm.
- 5.00 to 6.00 AM **Bullseye**

Food Network

140/141 190 43 148

- 6.00 AM **Roux Back Down the River** From Windsor.
- 7.00 **The Pioneer Woman**
- 9.00 **Jamie's Great Britain**
- 11.00 **Great British Bake Off**
- 12.30 PM **Paul Hollywood: City Bakes** From Miami.
- 1.00 **Roux Back Down the River** From Reading.
- 2.00 **Michel Roux's French Country Cooking**
- 3.00 **The Pioneer Woman**
- 5.00 **Jamie's Great Britain**
- 7.00 **Great British Bake Off**
- 8.30 **Paul Hollywood: City Bakes** The chef creates a Florida key lime pie.
- 9.00 **Roux Back Down the River** From Reading.
- 10.00 **James Martin's Islands to Highlands**
- 11.00 **Diners, Drive-Ins and Dives** Four editions.
- 1.00 AM **Man v Food** with Casey Webb
- 2.00 to 3.00 AM **Guy's Grocery Games**

+1 hour 240/241 154

TLC

133/134 828 165

- 7.00 AM **Extreme Couponing**
- 7.30 **Extreme Cheapskates**
- 8.00 **Flip or Flop**
- 9.00 **Say Yes to the Dress: Lancashire** Double bill.
- 11.00 **My 600lb Life**
- 12.00 NOON **Dr Pimple Popper** Medical series.
- 1.00 PM **sMothered**
- 2.00 **Return to Amish**
- 3.00 **Outdaughters: Busby Quints** Double bill.
- 5.00 **My 600lb Life**
- 6.00 **Dr Pimple Popper**
- 7.00 **Say Yes to the Dress**
- 8.00 **I Didn't Know I Was Pregnant** Double bill.
- 9.00 **My 600lb Life**
- 11.00 **Sex Sent Me to the ER**
- 12.00 **MT Goddess Face**
Tumour: Body Bizarre
- 1.00 AM **Extreme Couponing**
- 2.00 **My 600lb Life**
- 4.00 **I Didn't Know I Was Pregnant** Double bill.
- 5.00 to 6.00 AM **Extreme Couponing**

+1 hour 233/234 365

GREAT! action

323 426 42

- 8.00 AM **The Avengers**
- 9.00 **FILM The Quick and the Dead** War drama. (1963, 15, 92min) ★★
- 11.00 **The High Chaparral**
- 12.00 NOON **Wanted: Dead or Alive** Double bill.
- 1.00 PM **FILM Abilene**
Town Western. (1946, b/w, 15, 91min) ★★
- 3.00 **FILM Robbers' Roost**
Western starring George Montgomery. (1955, U, 83min) ★★
- 5.00 **Wanted: Dead or Alive**
- 7.00 **The High Chaparral**
- 8.00 **The Avengers**
- 9.00 **FILM Flight of Fury**
Thriller starring Steven Seagal and Alki David. (2007, 15, 98min) ★
- 11.10 **FILM Maximum Security**
Thriller. (2017, 15) ★★
- 1.05 AM **FILM Super Eruption** Disaster movie. (2011, 15, 89min) ★★
- 3.00 to 5.00 AM **Wild West Chronicles**

+1 hour 324

Legend

148 149 41 137

- 8.00 AM **Walker, Texas Ranger** 18/26. (S3)
- 9.00 **Six Million Dollar Man**
- 10.00 **T.J. Hooker** 15/23. (S4)
- 11.00 **FILM Monster Island**
Thriller with Eric Roberts. (2019, PG, 90min) ★★
- 1.00 PM **FILM Cowboy**
Comedy Western. (1958, PG, 90min) ★★
- 3.00 **FILM The Appaloosa**
Action Western. (1966, PG, 98min) ★★
- 5.00 **Star Trek** 12/26. (S2)
- 6.00 **T.J. Hooker** 16/23. (S4)
- 7.00 **Six Million Dollar Man**
- 8.00 **Walker, Texas Ranger**
- 9.00 **FILM Steel Sharks**
Action adventure. (1996, 18, 91min) ★
- 11.00 **FILM POW: The Escape**
Vietnam War drama. (1986, 15, 90min) ★★
- 12.45 AM **FILM Lionheart**
Crime action thriller. (1991, 18, 108min) ★★
- 2.50 to 4.45 AM **FILM Mercenaries** Thriller. (2011, 15, 97min) ★★

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Most Ridiculous**
- 9.00 **Guessable?**
- 10.00 **Home Improvement**
- 12.00 NOON **Last Man Standing** 14/15/22. (S3)
- 1.00 PM **Friends** (S1)
- 8.00 **Friends** 15/24. Monica applies for a new job.
- 8.30 16/24. Part one of two. Phoebe's twin sister Ursula visits. (S1)
- 9.00 **FILM Analyze This**
Gangster comedy starring Robert De Niro and Billy Crystal. (1999, 15, 103min) ★★
- 11.05 **Jimmy Carr: Comedy Central Live**
- 12.05 AM **8 Out of 10 Cats**
- 1.05 **Whose Line Is It Anyway? USA**
- 2.05 **South Park** (S6)
- 3.05 **Henning Wehn: It'll All Come Out in the Wash**
- 4.00 **Fat Chat** with Desiree Burch Double bill.
- 4.15 to 5.00 AM **Friends**

+1 hour 212/213 332

GREAT! movies

321 425 34

- 9.00 AM **FILM Lost Letter**
Mysteries: Time to Start Livin' (2014, PG) ★★
- 10.55 **FILM Lost Letter**
Mysteries: Reconcilable Differences Thriller. (2014, 12, 87min) ★★
- 1.00 PM **FILM A Friend's Obsession** (2018) ★★
- 2.55 **FILM The Threat Next Door** (2023, PG) ★★
- 5.00 **FILM Martha's Vineyard**
Mysteries: A Beautiful Place to Die Drama. (2020, PG, 84min) ★★
- 7.00 **Sue Thomas: F.B. Eye**
- 9.00 **FILM The Chronicles of Riddick** Sci-fi adventure. (2004, 15, 119min) ★★
- 11.25 **FILM The Road** Sci-fi action drama. (2009, 15, 111min) ★★
- 1.50 AM **FILM 6 Below: Miracle on the Mountain**
Adventure. (2016, 12, 98min) ★★
- 4.00 to 6.00 AM **FILM Retribution** (2012) ★★

+1 hour 322

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Monster Hunters** As 5.00pm.
- 8.00 **Category 7: The End of the World**
- 10.00 **Farscape** 20/22. (S2)
- 11.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
- 1.00 PM **FILM Coward of the County** Drama. (1981, PG, 104min) ★★
- 3.00 **Farscape** 20/22. (S2)
- 4.00 **Star Trek** 20/26. (S2)
- 5.00 **FILM Monster Hunters**
Sci-fi action thriller starring Tom Sizemore. (2020, 15, 88min) ★
- 7.00 **Farscape** 21/22. (S2)
- 8.00 **Star Trek** 21/26. (S2)
- 9.00 **FILM Cross the Line**
Thriller with Luke Goss and Mischa Barton. (2015, 15, 87min) ★★
- 10.50 **FILM Forget Everything and Run** Thriller. (2021, 15, 101min) ★★
- 1.00 to 3.00 AM **FILM Cross the Line** As 9.00pm.

+1 hour 318 371 139

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
- 7.00 **Teleshopping**
- 9.00 **Impractical Jokers**
- 10.00 **Becker** 10/8/11/24. (S3)
- 11.00 **Friends** (S7&8)
- 1.00 PM **Criminally Funny**
- 2.30 **Impractical Jokers**
- 3.00 **Whose Line Is It Anyway? USA**
- 4.00 **Guessable?**
- 5.00 **Becker** 10/8/11/24. (S3)
- 6.00 **Home Improvement**
- 8.00 **Last Man Standing** (S3)
- 9.00 **New Girl** 5/24. Cece deals with Schmidt. 9.30 6/24. Guest stars Justin Long. (S1)
- 10.00 **Friends** 10-14/18. (S10)
- 12.50 AM **The Ren & Stimpy Show** Double bill.
- 1.50 **The Roast of Roseanne**
Barr Jane Lynch hosts.
- 3.15 **Al Murray: My Gaff**
My Rules Comedy.
- 4.25 **Dragonfly Aunts** (S1)
- 4.30 **Michael McIntyre: Live & Laughing**
- 5.15 to 6.00 AM **Home Improvement**

GREAT! romance

319 424 52

- 8.10 AM **FILM A Love Yarn**
Comedy. (2021, PG) ★★
- 10.10 **FILM Made for You, with Love** Romance. (2019, U, 85min) ★★
- 12.05 PM **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
- 2.00 **FILM Welcome to Valentine** Drama. (2023, PG, 85min) ★★
- 3.55 **FILM Love in Translation** Drama. (2021, U) ★★
- 6.05 **FILM Love Strikes Twice**
Time travel fantasy. (2021, PG, 84min) ★★
- 8.00 **FILM PREMIERE Loving Every Minute** Drama. (2022, U, 86min) ★★
- 9.55 **FILM Snapshot of Love** Drama. (2022, PG) ★★
- 11.50 **FILM Forever in My Heart** Romantic drama. (2019, U, 90min) ★★
- 1.55 AM **Highway to Heaven**
- 3.00 to 5.00 AM **FILM Bridal Wave** Romantic drama. (2015, PG, 84min) ★★

+1 hour 320 63

Blaze

164 174 64 161

- 6.00 AM **Dickinson's Real...**
- 6.40 **Pawn Stars** Double bill.
- 7.30 **Container Wars**
- 7.55 **Storage Hunters**
- 8.55 **Hardcore Pawn**
- 10.15 **UFO Hunters**
- 11.10 **Weird or What?**
- 12.10 PM **Weird Britain**
- 1.05 **When Big Things Go Wrong** A highrise hotel.
- 2.05 **Pawn Stars** Double bill.
- 3.05 **Storage Hunters**
- 4.00 **Ancient Aliens**
- 6.00 **UFO Hunters**
- 7.00 **Evidence of the Unexplained**
- 8.00 **The Proof Is Out There: Alien Edition**
- 9.00 **Ancient Aliens**
- 11.00 **In Search of Aliens**
- 12.00 **MT Curse of Skinwalker Ranch**
- 1.00 AM **UFO Hunters**
- 2.00 **Weird or What?**
- 3.00 **Hardcore Pawn**
- 3.25 **Counting Cars**
- 4.10 to 6.00 AM **Ancient Aliens**

Sky Replay

152 156

- 7.00 AM **Sixth Sense** with Colin Fry Double bill.
- 8.00 **Four Weddings**
- 10.00 **Nothing to Declare**
- 11.00 **Border Patrol**
- 12.00 NOON **DC's Legends of Tomorrow** 8/9/16. (S1)
- 2.00 PM **Motorway Patrol**
- 3.00 **UK Border Force**
- 4.00 **Border Patrol**
- 5.00 **Sun, Sea and A&E**
- 6.00 **Highway Cops**
- 7.00 **The Ark** 3/8/12. (S1)
- 9.00 **UK Border Force**
A man is refused entry. 10.00 A bingo hall in Somerset is raided.
- 11.00 **Road Wars**
- 12.00 **MT The Russell Howard Hour**
- 1.00 AM **A League of Their Own** Road Trip: Dingle to Dover
- 2.00 **The Overlap on Tour**
- 3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
- 4.00 **Four Weddings**
- 5.00 to 6.00 AM **Sixth Sense** with Colin Fry

Rewind TV

182 95

- 6.00 AM **Highlights**
- 8.30 **Huckleberry Finn**
- 9.00 **Bubblegum & Cheese**
- 10.00 **The Monkees** 9/32. (S1)
- 10.30 **Watching** 5/8. (S2)
- 11.00 **Married... With Children**
- 11.30 **Bewitched** 13/36. (S1)
- 12.00 NOON **Dick Turpin** (S1)
- 1.00 PM **Fantasy Island** (S1)
- 2.00 **The Prisoner** 16/17. (S1)
- 3.00 **Clive James on Safari**
- 4.00 **Bubblegum & Cheese**
- 5.00 **Married... With Children**
- 5.30 **Watching** 5/8. (S2)
- 6.00 **Bewitched** 13/36. (S1)
- 6.30 **The Monkees** 9/32. (S1)
- 7.00 **Police Woman** (S1)
- 8.00 **The Prisoner** 16/17. (S1)
- 9.00 **Dark Skies** 4/20. (S1)
- 10.00 **Game On** 6/6. (S2)
- 10.35 **Drop the Dead Donkey**
- 11.05 **The Mrs Merton Show**
- 11.40 **Thriller** 3/10. (S1)
- 1.00 AM **Clive James on...**
- 2.00 **Monkey** 24/26. (S1)
- 3.00 **Bubblegum & Cheese**
- 3.55 **Game On** 6/6. (S2)
- 4.30 to 6.00 AM **Highlights**

5SELECT

153 138 46 133

- 9.00 AM **Wales' Most Scenic Railway Journeys**
- 10.00 **Doors: Country and Coast** From Dorchester.
- 11.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 1.00 PM **The Yorkshire Vet**
- 3.00 **Murder, She Wrote**
- 4.00 **Columbo**
- 5.30 **Walking Victorian Britain** Birmingham.
- 6.00 **World's Most Scenic Railway Journeys**
A journey along Norway's Dovre line.
- 7.00 **Ben Fogle: New Lives in the Wild** Double bill.
- 9.00 **Blenheim Palace: Behind the Grandeur**
Following life at the residence of the 12th Duke of Marlborough.
- 10.00 **Harrods: The Rise & Fall of a British Institution**
- 11.00 **Prisoner: Cell Block H**
- 1.00 AM **The Madame Blanc Mysteries** 1-3/6. (S1)
- 3.50 to 4.00 AM **Entertainment News**

MTV

126/127 824 134

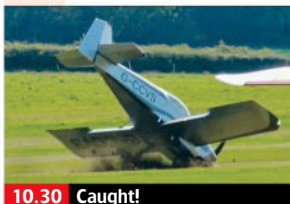
- 6.00 AM **Daria** 3/13. (S3)
- 6.20 **16 and Pregnant**
- 7.10 **Teen Mom OG**
- 9.00 **Teen Mom 2**
- 11.00 **Catfish: Repeat Offenders** Reality show.
- 12.00 NOON **Catfish: Scammed** Reality series.
- 1.00 PM **Catfish: Firsts**
- 2.00 **Catfish: The TV Show**
- 3.00 **Catfish: Scammed**
- 7.00 **Teen Mom: The Next Chapter** Newlywed bliss ends for Jade and Sean.
- 8.00 **Rich Kids Go Skint**
- 9.00 **Teen Mom: The Next Chapter** Jade throws Kloe a birthday party.
- 10.00 **Geordie Shore**
- 11.00 **Moving in with the Ex** Wife Documentary.
- 12.00 **MT Love & Hip Hop: Atlanta** *New edition*
Amy reveals who Zell has been hopping on his new tracks with.
- 1.00 AM **Ink Master**
- 2.45 **Ex on the Beach**
- 3.35 to 4.00 AM **Teen Cries**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00** AM **How It's Made: Dream Cars** Double bill of editions.
- 7.00** **Treehouse Masters**
- 9.00** **Kindig Customs**
- 11.00** **Wheeler Dealers**
- 1.00** PM **Alaska: Homestead Rescue** Double bill.
- 3.00** **America's Backyard Gold**
- 5.00** **Deadliest Catch** Captain Rick deals with a severe crew injury and Wild Bill's plan A fails.
- 6.00** **Wheeler Dealers** Mike finally gets his hands on a car that has evaded him for decades – a Mark 1 Ford Transit.



10.30 Caught!

- 7.00** **Salvage Hunters** Drew Pritchard barbers with a baronet in Scotland, and is given a run for his money by a seasoned salvager.
- 8.00** **Kindig Customs** Dave has all his pencils out as he tries to incorporate a client's request to get purple into the build.
- 9.00** **Caught!** **New editions** Clip show featuring animal invasions.
9.30 A look at clips of travelling mishaps.
- 10.00** **Caught!** **New editions** Clip show featuring customer service mishaps.
10.30 Clip show featuring stunt mishaps.
- 11.00** **Mystery at Blind Frog Ranch** The results from the radiocarbon testing are in.
- 12.00** **MT Mountain Monsters** The team suspect a reptoid may be on the loose.
- 1.00** AM **Caught!** Four editions.
- 3.00** **Texas Metal** Documentary.
- 4.00** to **5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00** AM **Tanked** An aquarium.
- 9.00** **Pit Bulls & Parolees**
- 10.00** **My Cat from Hell**
- 11.00** **Animal Cops Philadelphia**
- 12.00** NOON **Tanked** A reef tank.
- 1.00** PM **Pit Bulls & Parolees**
- 2.00** **Project Grizzly** Double bill.
- 4.00** **My Cat from Hell** Jackson tries to end the feud between a Brooklyn couple's two cats.
- 5.00** **Animal Cops Philadelphia** A massive dog fighting operation in Pennsylvania.
- 6.00** **Tanked** The team help NFL superstar Antonio Brown.



8.00 Meet the Orangutans

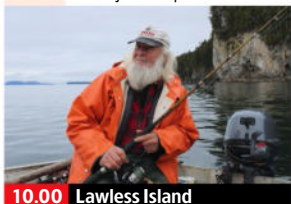
- 7.00** **Pit Bulls & Parolees** Moe and Lizzy rescue a sick stray but a diagnosis proves tricky, and Tania struggles to find balance.
- 8.00** **Meet the Orangutans** One of the primate's bullying pushes limits.
8.30 It is feeding time at the sanctuary.
- 9.00** **Meet the Penguins** Squeaker the juvenile tests people's patience.
9.30 Two inhabitants get into a nasty fight.
- 10.00** **Edge of Alaska** The locals brave the extreme weather to hunt big game, and a landowner starts to open the frontier.
- 11.00** **How Sharks Hunt** The hunting approaches of tiger sharks and great whites.
- 12.00** **MT Sharktacular 2016**
- 1.00** AM **Alaska Monsters** Todd devises a trap for a huge feline.
- 2.00** **My Cat from Hell**
- 3.00** **Animal Cops Philadelphia**
- 4.00** to **5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00** AM **Food Factory**
- 9.00** **Air Crash Investigation: Special Report**
- 10.00** **Defending Europe**
- 11.00** **Nazi Megastructures: Battle Ready** Hitler's henchmen.
- 12.00** NOON **Car S.O.S**
- 1.00** PM **Colossal Machines**
- 2.00** **Air Crash Investigation**
- 3.00** **Drain the Oceans**
- 4.00** **Nazi Megastructures**
- 5.00** **Car S.O.S** Tim and Fuzz pick up their very first supercar.
- 6.00** AM **An Austin Healey** is secretly fixed up in Co Durham.



10.00 Lawless Island

- 7.00** **Air Crash Investigation** An Amazon cargo plane nosedives into a swamp outside Houston.
- 8.00** **NEW SERIES** **Car S.O.S** Fuzz Townshend and Tim Shaw get their hands on a Mazda MX5 that needs putting back on the road.
- 9.00** **Mysterious Islands** Strange findings on an island in Indonesia, including terraces shrouded in mystery.
- 10.00** **Lawless Island** **New edition** Carl and Matt endeavour to haul a 3,000-gallon barrel up a treacherous cliff.
- 11.00** **Air Crash Investigation**
- 1.00** AM **UFOs: Investigating the Unknown** Commercial pilots who fear for their jobs.
- 2.00** **Made in a Day**
- 2.30** **Lords of War** Double bill.
- 3.20** **Food Factory**
- 4.10** to **5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00** AM **American Pickers**
- 6.50** **UFOs: The Lost Evidence**
- 7.45** **Rust Valley Restorers**
- 8.45** **Forged in Fire**
- Tournament of Champions**
- 9.35** **Auction Kings**
- 10.05** **Storage Wars** Four editions.
- 12.00** NOON **Mountain Men**
- 1.00** PM **Rust Valley Restorers**
- 2.00** **WWII Lost Films**
- 4.00** **Digging for Britain**
- 5.00** **Pawn Stars** A piece of Kurt Cobain memorabilia.
- 6.00** **American Pickers** The brothers tour a West Virginia homestead.



9.00 Forged in Fire

- 7.00** **Forged in Fire** Seven losing competitors return to the forge for a shot at redemption and a second chance at glory.
- 8.00** **Claw Hunters** Mack brings his old man on a trip, Greg hauls all his traps to prep for spring, and Gail makes her biggest sale.
- 9.00** **Forged in Fire** **New edition** A former champion fashions an intricate Vaquero Machete to try to beat the judges.
- 10.00** **Forged in Fire** **New edition** Champions from previous seasons compete against one of the expert judges.
- 11.00** **Alien Files: Unsealed**
- 12.00** **MT Paranormal: Caught on Camera** A driver spots a UFO and ghosts are captured at a marijuana dispensary.
- 1.00** AM **Rust Valley Restorers**
- 2.00** **Ancient Aliens**
- 3.00** **Combat Ships**
- 4.00** to **6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10** AM **Antiques Roadshow**
- 8.00** **World War Weird**
- 9.00** **WW2: Frontlines**
- 10.00** **Secrets of the London Underground** Double bill.
- 12.00** NOON **Simon Reeve's South America** As 12.00m't.
- 1.00** PM **Antiques Roadshow**
- 2.00** **Bangers & Cash** Double bill.
- 4.00** **World War Weird**
- 5.00** **WW2: Frontlines** The German attack on the Allies in the Ardennes in 1944.
- 6.00** **Antiques Roadshow** A look at finds from the past 40 years.



9.00 Dream Car Fixers

- 7.00** **Speed with Guy Martin** The motorcycle racer heads to Colorado where he hopes to win one of America's oldest races.
- 8.00** **Bangers & Cash** **New edition** Derek collects a Triumph TR8 from Kirkby Stephen East railway station.
- 9.00** **Dream Car Fixers** **New edition** Sheldon and Peter take on an automatic Reliant Scimitar GTE for a client.
- 10.00** **Bangers & Cash** Derek has a three-hour drive in a 1960s bus that arrived in the UK after a life in the sun.
- 11.00** **Find It, Fix It, Flog It** Simon repurposes old suitcases, while Henry gives an old dresser some serious bling.
- 12.00** **MT Simon Reeve's South America** The adventurer visits Peru and Bolivia.
- 1.00** to **3.00** AM **Steam Train Britain**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00** AM **Junkyard Empire**
- 8.00** **American Pickers**
- 9.00** **Aussie Gold Hunters**
- 12.00** NOON **The Repair Shop**
- 3.00** PM **Shed and Buried**
- 4.00** **Find It, Fix It, Flog It**
- 6.00** **The Repair Shop**
- 8.00** **Outback Crystal Hunters** Patrick and Kirsty unearth a giant million-dollar Amethyst cluster.
- 9.00** **NEW SERIES** The Bushmen make a last-ditch attempt to find some opal before the mine collapses.
- 10.00** **The Ultimate Cycling Show** **New edition** A guide to bike racing on the track, road and in the mountains.
- 11.00** **How Do They Do It?**
- 1.00** AM **Junkyard Empire**
- 3.00** **Find It, Fix It, Flog It**
- 4.00** to **5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00** AM **Say Yes to the Dress: UK** Reality series.
- 7.00** **Say Yes to the Dress: Lancashire**
- 8.00** **Say Yes to the Dress: Atlanta** Reality series.
- 9.00** **Say Yes to the Dress**
- 11.00** **Forensic Detectives**
- 12.00** NOON **Betrayed**
- 1.00** PM **On the Case**
- 2.00** **Murder on CCTV**
- 3.00** **Judge Rinder's Crime Stories** Documentary.
- 4.00** **American Monster**
- 6.00** **People Magazine Investigates**
- 7.00** **A Killer's Mistake**
- 8.00** **Murder on CCTV**
- 9.00** **Evil Lives Here**
- New edition** True-crime.
- 10.00** **Evil Lives Here**
- 11.00** **Murder on CCTV**
- 12.00** **MT Faking It: Tears of a Crime** Double bill.
- 2.00** AM **Murder Comes to Town** Melissa White.
- 3.00** to **4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00** AM **Judge Judy**
- 1.00** PM **Judge Judy**
- 7.00** **Crimes That Shook Australia** A look at the murder of 31-year-old Morgan Huxley.
- 8.00** **Secrets of a Murder Detective** The murder of Mohammed Yousaf.
- 9.00** **Fatal Attraction** **New edition** A 21-year-old woman is shot dead in a bad part of town.
- 10.00** **Bloodline Detectives** **New edition** When mother Mary Davis is found murdered, the case spans decades.
- 11.00** **Prosecuting Evil with Kelly Siegler**
- 12.00** **MT Nightmare Next Door** True-crime.
- 1.00** AM **Fatal Attraction**
- 2.00** **Bloodline Detectives**
- 3.00** **Donal MacIntyre's Murder Files**
- 4.00** to **6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00** AM **A Stranger in My Home** Double bill.
- 11.00** **Medical Detectives**
- 2.00** PM **A Stranger in My Home** Double bill.
- 4.00** **Medical Detectives** A look at the poisoning of popular businessman Phillip Rouss Jr.
- 4.30** **Sonic technology** helps solve the murder of a union official.
- 5.00** **The disappearance** of a six-year-old girl.
- 5.30** **A man's motives** for killing an intruder who allegedly murdered his wife are questioned.
- 6.00** **How investigators** used a handprint to identify a woman's killer.
- 6.30** **A man accused** of shooting his wife maintains his innocence.
- 7.00** **Judge Judy** Real-life small-claims cases.
- 12.05** AM **Judge Judy**
- 4.45** to **6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00** AM **Highway Patrol**
- 6.30** **Highway Cops**
- 7.00** **The Force: Manchester**
- 8.00** **Road Wars**
- 9.00** **Brit Cops: Rapid Response** Documentary.
- 10.00** **Send in the Dogs**
- 11.00** **Catching the Killer**
- 12.00** NOON **How I Caught...**
- 1.00** PM **The Real Manhunter**
- 2.00** **Made for Murder**
- 3.00** **World's Most Evil Killers**
- 4.00** **Britain's Most Evil Killers**
- 5.00** **Catching the Killer**
- 6.00** **How I Caught the Killer**
- 7.00** **World's Most Evil Killers**
- 8.00** **Britain's Most Evil Killers**
- 9.00** **Ireland's Most Evil Killers** Joe O'Reilly.
- 10.00** **Murdered at First Sight**
- 11.00** **Catching the Killer**
- 12.00** **MT World's Most Evil...**
- 1.00** AM **How I Caught...**
- 2.00** **Snapped** Double bill.
- 4.00** **Send in the Dogs**
- 5.00** to **6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00** AM **Beautiful Serengeti**
- 8.30** **Mafia's Greatest Hits**
- 9.40** **The Great Escape: The True Story**
- 10.40** **Impossible Peace**
- 11.50** **The American Vice President**
- 1.00** PM **Mafia's Greatest Hits**
- 2.05** **The Great Escape: The True Story**
- 3.05** **Impossible Peace**
- 4.15** **The American Vice President**
- 5.20** **The Massacre That Shook the Empire**
- 6.25** **Mafia's Greatest Hits**
- 7.35** **The Great Escape: The True Story**
- 8.35** **Impossible Peace** **Series finale** Attempts to avoid the disaster of World War One fall flat.
- 9.50** **The American Vice President**
- 10.50** **Mafia's Greatest Hits**
- 12.00** **MT The Great Escape: The True Story**
- 1.05** to **2.00** AM **Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM Richard E Grant's Hotel Secrets From New Orleans.
7.00 Discovering: Peter Ustinov
8.00 The Directors
9.00 The 2010s
10.00 JFK: Destiny Betrayed
11.00 The Good Fight Club
12.00 NOON Kingdom of Dreams
1.00 PM Italia 90: Four Weeks That Changed the World
4.00 The Directors
5.00 Discovering: Peter Ustinov
6.00 The 2010s
7.00 Chernobyl: My Promised Land Following a group of Eastern Ukrainian refugees who relocated to Dytyatky.
7.30 I Am Steve McQueen The life and career of the actor.
9.00 Ferrari: Race to Immortality Formula One documentary chronicling the early years of the Scuderia Ferrari racing team.
10.50 Italia 90: Four Weeks That Changed the World 1-3/3.
1.50 AM Everton: Howard's Way
4.00 The Directors
5.00 to 6.00 AM Discovering: Peter Ustinov

Crime+Investigation

156 837 133

- 6.00 AM Homicide: Hours to Kill
7.00 Homicide Hunter
8.00 The First 48
9.00 Meet, Marry, Murder
10.00 Hometown Tragedy
11.00 An Hour to Kill
12.00 NOON Buried in the Backyard
1.00 PM Somebody's Hiding Something Documentary.
2.00 Witness to Murder
3.00 Robbie Coltrane's Critical Evidence
4.00 Meet, Marry, Murder
5.00 On the Case with Paula Zahn
6.00 After the First 48
7.00 The First 48
8.00 Hometown Tragedy New editions Double bill.
9.00 Homicide Squad: New Orleans New edition
10.00 Ozark Law New edition
11.00 Homicide Hunter
12.00 MT Very Scary People
2.00 AM Britain's Darkest Taboos
3.00 Homicide Squad: New Orleans
4.00 Ozark Law
5.00 to 6.00 AM On the Case...
+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM Abandoned Engineering
1.00 PM Abandoned Engineering
5.00 The Bill The Old Men's Run: Quinnan and Stamp attend a road collision that was anything but accidental.
5.30 Legacies: An elderly lady has her valuables stolen.
6.00 Yesterday, Today, Tomorrow: DI Burnside brings in a van of partygoers.
6.30 Something Special: DI Burnside has an important visitor looking for an officer to join a special operation.
7.00 Top of the Pops Triple bill featuring classic chart-toppers.
9.00 The Brokenwood Mysteries The Scarecrow: 3/4. A man is found dead in his field following an altercation the previous day with his neighbour about his failed crop. (S4)
11.00 The Bill Four episodes.
1.00 AM Top of the Pops
3.00 The Brokenwood Mysteries
4.40 Abandoned Engineering
5.30 to 6.00 AM The Bill
+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Ol Pejeta Diaries
7.00 Monkey Life
8.00 Secrets of Wild Australia
9.00 Dawn to Dusk
10.00 Patrick Aryee's Wild World
11.00 Planet Shark
12.00 NOON Mysteries of the Mekong Documentary.
1.00 PM Monkey Life
2.00 Secrets of Wild Australia
3.00 Dawn to Dusk
4.00 Patrick Aryee's Wild World
5.00 Coastal Africa
6.00 Mysteries of the Mekong
7.00 Monkey Life Double bill.
8.00 Waterworld Africa Waterholes during the dry season.
9.00 Australia's Hidden Islands A look at Christmas Island.
10.00 Mysteries of the Mekong The wildlife of Vietnam.
11.00 Coastal Africa
12.00 MT Planet Shark
1.00 AM Into the Wild: India
2.00 Waterworld Africa
3.00 Australia's Hidden Islands
4.00 Secrets of Wild Australia
5.00 to 6.00 AM Dawn to Dusk

WILD

165 841 182

- 8.00 AM Secrets of the Zoo
9.00 World's Deadliest
10.00 Africa's Hunters
11.00 Africa's Deadliest
12.00 NOON The Incredible Dr Pol
1.00 PM Yukon Vet
2.00 Deadly Dozen
3.00 Africa's Deadly Kingdoms
4.00 Secrets of the Zoo
5.00 The Incredible Dr Pol
6.00 Snakes in the City
7.00 Secrets of the Zoo The penguin colony has its annual exams, and a rare pangolin pregnancy unfolds.
8.00 Victoria Falls: Africa's Garden of Eden Documentary exploring the famous waterfall.
9.00 Last of the Giants: Wild Fish Cyril and his team head deeper into the Nicaraguan jungle than they've ever been before.
10.00 Ice Road Rescue Double bill.
12.00 MT Monster Fish
1.00 AM Lawless Island
2.00 Yukon Vet
3.00 Secrets of the Zoo
4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM The Lies That Bind
9.00 The Killer Beside Me
11.00 Evil Lives Here
1.00 PM Lone Star Justice
3.00 Murder in the Heartland
5.00 Murder Loves Company
7.00 The Perfect Murder The case of 51-year-old Peter Theriault, who disappeared in 1998.
8.00 The case of millionaire Las Vegas real-estate developer Ron Rudin, who was shot and decapitated in 1994.
9.00 Murder in the Heartland When a father goes missing, the small town of Challis, Idaho, is abuzz with gossip, leaving investigators to decipher what is fact and what is fiction.
10.00 Born Evil: The Serial Killer & the Saviour The Clark family's history of brutality and childhood abuse comes to light.
11.00 Quiet on Set: The Dark Side of Kids TV Triple bill of editions.
2.00 AM Murder Loves Company
4.00 to 6.00 AM The Perfect Murder
+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
8.00 History's Greatest Mysteries
9.00 Weeks of War
10.00 What on Earth?
11.00 Ancient Aliens
1.00 PM Digging Up Britain's Past
2.00 Digging for Britain
3.00 Lost Worlds
4.00 Weeks of War
5.00 The Proof Is Out There
6.00 What on Earth?
7.00 UFOs Declassified
8.00 Egypt's Unexplained Files An exploration of crime and punishment in ancient Egypt.
9.00 Holy Marvels with Dennis Quaid The actor investigates the quest for immortality.
10.00 History's Greatest Mysteries The 1971 hijack of Northwest Orient Airlines Flight 305.
11.00 Alexander the Great
12.00 MT Ancient Aliens
2.00 AM Digging for Britain
3.00 HMS Invincible: Digging Up Britain's Past
4.00 UFOs Declassified As 7.00pm.
5.00 to 6.00 AM The Proof Is Out There

Discovery History

174 181

- 7.00 AM World's Deepest Goldmine As 8.00pm.
8.00 Extreme Engineering
9.00 Combat Dealers
10.00 Blowing Up History
12.00 NOON Expedition Unknown
2.00 PM NASA's Unexplained Files
3.00 How the Universe Works
4.00 Treasure Quest: Snake Island
5.00 Mysteries at the Museum
7.00 Alien Contact An investigation into whether aliens have made contact with Earth.
8.00 World's Deepest Goldmine Hazardous conditions facing underground workers at Mponeng mine in South Africa.
9.00 Salvage Hunters: Classic Cars Salvage aficionado Drew Pritchard visits Britain's oldest number plate maker.
10.00 Shed and Buried
11.00 Blowing Up History
1.00 AM How the Universe Works
2.00 NASA's Unexplained Files
3.00 to 5.00 AM Expedition Unknown
+1 hour 274 381

Discovery Turbo

161/172 180

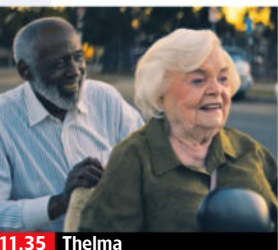
- 6.00 AM Extreme RVs
7.00 Kindig Customs
8.00 Mega Shippers
9.00 Salvage Hunters: Classic Cars
10.00 Motor Pickers
11.00 Shed and Buried
12.00 NOON Outback Car Hunters
1.00 PM Junkyard Empire
2.00 Wheeler Dealers
3.00 Motor Pickers
4.00 Richard Hammond's Workshop
6.00 Salvage Hunters: Classic Cars
7.00 Shed and Buried
8.00 Richard Hammond's Workshop
9.00 Shed and Buried: Classic Cars Henry and Fuzz head up to Yorkshire, hoping to revisit 'the one that got away' – a rare E-type Jaguar Rat Rod.
10.00 Motor Pickers
11.00 Shed and Buried
12.00 MT Richard Hammond's...
1.00 AM Outback Car Hunters
2.00 Iron Resurrection
3.00 Wheeler Dealers
4.00 to 5.00 AM Speed Is the New Black
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

- 7.20 AM Black Dog As 3.10am.
9.25 A Place Called Silence Thriller. (2024, 15, 119min)
11.35 Harold and the Purple Crayon PM The Line Drama starring Alex Wolff. (2023, 15, 100min)
2.55 Thelma As 11.35pm.
4.40 Harold and the Purple Crayon Family adventure. (2024, PG, 87min) ★★★
6.20 The Good Half Comedy drama starring Nick Jonas. (2023, 15, 96min) ★★★



11.35 Thelma

- 8.00 Fight or Flight Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
9.50 Blood for Dust Action thriller starring Scoot McNairy and Kit Harington. A travelling salesman finds himself on a dangerous path after a chance encounter with a former colleague. (2023, 18, 98min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 Thelma Comedy starring June Squibb and Richard Roundtree. (2024, 12, 98min) ★★★★
1.20 AM The Watched Horror starring Dakota Fanning. (2024, 15, 102min) ★★
3.10 Black Dog Chinese drama. Subtitled. (2024, 12, 110min)
5.10 to 7.00 AM Blood for Dust

Sky Cinema Drama

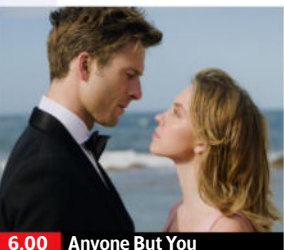
310 410 510 524

- 6.15 AM My First Summer (2020)
7.45 Girl You Know It's True (2023)
10.00 The Danish Girl Period drama. (2015, 15, 117min) ★★
12.10 PM Eternal Sunshine of the Spotless Mind Offbeat comedy. (2004, 15, 108min) ★★★★★
2.10 Dallas Buyers Club Fact-based drama. (2013, 15, 114min) ★★★★★
4.15 Dear John Romantic drama. (2010, 12, 108min) ★★
6.15 Lady Bird Comedy drama starring Saoirse Ronan. (2017, 15, 94min) ★★★★★
8.00 Catch Me If You Can Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. In the 1960s, a runaway teenager enjoys a remarkable crime spree. (2002, 12, 141 min) ★★★★★
10.25 What Dreams May Come Romantic fantasy drama starring Robin Williams and Annabella Sciorra. (1998, 15, 106min) ★★★
12.25 AM Manodrome Thriller. (2023, 15, 96min) ★★
2.15 My First Summer Drama. (2020, 15, 80min) ★★
3.40 Girl You Know It's True Music biopic. (2023, 15, 124min) ★★
5.50 to 7.20 AM The Man with the Answers (2021, 12) ★★★★★

Sky Cinema Hits

303 403 503 517

- 6.05 AM Ordinary Angels (2024)
8.05 Black Dog As 4.05am.
9.55 The Radleys As 11.55pm.
11.55 The Equalizer 3 Thriller sequel starring Denzel Washington. (2023, 15, 109min) ★★★
1.55 PM Constantine Horror thriller. (2005, 15, 121min) ★★
4.00 Baby Driver Action thriller. (2017, 15, 113min) ★★★★★
6.00 Anyone But You Romantic comedy with Sydney Sweeney. (2023, 15, 103min) ★★★★★



6.00 Anyone But You

- 8.00 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. A cancer patient tries to survive Earth's first contact with sightless creatures which hunt by sound. With Joseph Quinn. (2024, 15, 100min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 Asteroid City Writer-director Wes Anderson's sci-fi comedy starring Jason Schwartzman and Scarlett Johansson. Astronomers meet for an eventful stargazing convention in the summer of 1955. (2023, 12, 105min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 The Radleys Horror comedy. (2024, 15, 115min) ★★
1.55 AM Ordinary Angels Drama. (2024, 12, 113min) ★★★★★
4.05 Black Dog British drama. (2023, 15, 96min) ★★
5.45 to 6.00 AM The Cinema List: Biopic

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.10 AM Zombie Town As 1.45am.
8.50 There's Something in the Barn
10.35 Resident Evil: Afterlife Thriller sequel. (2010, 15, 96min) ★★
12.25 PM The Purge: Anarchy Horror sequel. (2014, 15, 102min) ★★
2.20 Five Nights at Freddy's Horror thriller. (2023, 15, 109min) ★★
4.15 Star Trek: First Contact Sci-fi adventure with Patrick Stewart. (1996, 12, 110min) ★★★★★
6.15 The Nun Horror starring Taissa Farmiga. (2018, 15, 96min) ★★
8.00 Passengers Sci-fi drama starring Jennifer Lawrence, Chris Pratt and Michael Sheen. Two travellers on a spaceship are woken 90 years before the end of their colonisation mission. (2016, 12, 116min) ★★
10.00 Resident Evil: Damnation Animated horror thriller sequel. (2012, 15, 95min) ★★
11.50 Doom Sci-fi horror thriller. (2005, 15, 105min) ★★
1.45 AM Zombie Town Horror comedy. (2023, 12, 92min) ★★
3.25 There's Something in the Barn Festive comedy horror. (2023, 15, 100min) ★★
5.15 to 7.00 AM Resident Evil Sci-fi thriller starring Milla Jovovich. (2002, 15, 100min) ★★

Sky Cinema Family

306 406 506 520

7.10 AM Little Vampire As 1.55am.
8.40 Robo-Dog: Airborne Family
adventure. (2017, U) ★★★

10.15 The Secret Kingdom
Fantasy. (2023, PG, 98min) ★

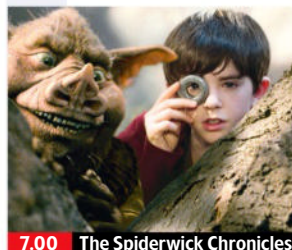
12.10 PM Addams Family Values
Comedy. (1993, PG) ★★★★★

2.00 Patch Adams (1998, 12) ★★

4.00 Bean Comedy. (1997, PG) ★★★

5.35 Cats & Dogs: The Revenge
of Kitty Galore (2010, U) ★★

7.00 The Spiderwick Chronicles
Fantasy. (2008, PG) ★★★★★



7.00 The Spiderwick Chronicles

8.40 The Smurfs Adventure
starring Neil Patrick
Harris. The Smurfs are
sucked into a magic portal
that takes them from
their hidden world and
lands them in Manhattan.
(2011, U, 103min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 The Smurfs 2 Adventure
sequel starring Hank
Azaria. The Smurfs and
their human friends
dash around Paris to
thwart an evil wizard.
(2013, U, 104min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM Pups United Adventure.
(2015, U, 89min) ★★

1.55 Little Vampire Animation.
(2020, PG, 85min) ★★

3.20 Big Fat Liar Teen comedy.
(2002, PG, 88min) ★★

4.50 to 6.30 AM A Tiger's
Journey Family drama.
(2023, PG, 94min) ★★

Sky Cinema Originals

302 402 502 516

6.55 AM Bonus Track Comedy.
(2023, 12, 98min) ★★

8.45 Breaking News in Yuba County
Comedy drama. (2021, 15) ★★

10.35 Retribution Action thriller.
(2023, 12, 91min) ★★

12.20 PM A Good Person As 1.25am.
2.35 Mass Drama with Jason Isaacs.
(2021, 12, 111min) ★★★★★

4.35 The Desperate Hour Thriller.
(2021, 12, 84min) ★★★★★

6.10 The Beekeeper Action thriller
starring Jason Statham.
(2023, 15, 105min) ★★

8.00 Extremely Wicked, Shockingly
Evil and Vile Biopic starring
Zac Efron and Lily Collins.
(2019, 15, 110min) ★★★★★

10.00 One Shot Action thriller starring
Scott Adkins. A squad of US
Navy SEALs, on a mission to
transport a prisoner off a CIA
black site island prison, become
trapped when insurgents
attack. (2021, 15, 96min) ★★

11.40 One More Shot Action thriller.
(2023, 15, 102min) ★★

1.25 AM A Good Person Drama.
(2022, 15, 129min) ★★★★★

3.35 Voyagers Sci-fi thriller.
(2020, 15, 108min) ★★

5.30 to 7.00 AM The Ooglies
Animation. (2021, PG) ★★

Sky Cinema Action

307 407 507 521

6.30 AM The Mechanic Action
thriller. (2011, 15, 93min) ★★

8.10 The Scorpion King Fantasy.
(2002, 12, 91min) ★★★★★

9.50 The Legend of Zorro (2005)
12.05 PM SAS: Red Notice Thriller.
(2021, 15, 90min) ★★

2.15 Justice League Adventure.
(2017, 12, 120min) ★★

4.20 Godzilla x Kong: The New
Empire (2023, 12) ★★

6.20 Ghost Rider: Spirit of
Vengeance (2012, 12) ★★



8.00 Mad Max: Fury Road

8.00 Mad Max: Fury Road
Sci-fi action thriller
starring Tom Hardy and
Charlize Theron. A drifter
in a post-apocalyptic
wasteland helps a warrior
to liberate a sadistic
warlord's five brides. With
Nicholas Hoult. (2015,
15, 120min) ★★★★★

SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 The Legend of Zorro
Swashbuckling adventure
sequel starring Antonio
Banderas, Catherine Zeta-
Jones and Rufus Sewell.
(2005, PG, 130min) ★★★★★

SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM King of Killers Action
thriller starring Frank Grillo.
(2023, 15, 92min) ★

2.00 Oldboy South Korean thriller
with Choi Min-sik. Subtitled.
(2003, 18, 120min) ★★★★★

4.05 Shrapnel Action thriller.
(2023, 15, 89min) ★★

5.40 to 7.15 AM Bullet to
the Head Action thriller.
(2012, 15, 89min) ★★

Sky Cinema Classics

304 404 504 518

6.50 AM The Little Rascals (1994)
8.30 The Money Pit As 2.30am.
King Ralph As 5.10am.

11.55 Ace Ventura Pet Detective
Comedy starring Jim Carrey.
(1993, 12, 86min) ★★★★★

1.35 PM Ace Ventura: When
Nature Calls Comedy sequel.
(1995, PG, 89min) ★★★★★

3.15 HouseSitter Romantic comedy.
(1992, PG, 102min) ★★★★★

5.00 The Naked Gun 2½: The
Smell of Fear Police comedy
sequel. (1991, 15, 81min) ★★

6.30 Airplane! Spoof of air-disaster
movies, starring Robert Hays,
Julie Hagerty and Leslie Nielsen.
(1980, 12, 86min) ★★★★★

8.00 Airplane II: The Sequel
Comedy sequel starring Robert
Hays. (1982, 15, 81min) ★★

9.30 Singin' in the Rain Musical
comedy. (1952, 15, 91min) ★★

11.20 The Naked Gun 2½: The...
12.55 AM The Little Rascals Family
comedy. (1994, U, 83min) ★★

2.30 The Money Pit Romantic
comedy. (1985, 15, 91min) ★★

4.10 Sky Cinema Preview
5.10 to 6.55 AM King Ralph
Comedy. (1991, PG, 97min) ★

Sky Cinema Comedy

308 408 508 522

7.50 AM Kangaroo Jack Comedy.
(2003, PG, 89min) ★

9.30 Dumb and Dumber To
Comedy sequel. (2014, 15) ★★

11.25 O Brother, Where Art Thou?
Comedy. (2000, 12) ★★★★★

1.20 PM Along Came Polly Comedy.
(2003, 12, 90min) ★★

3.00 Strays Canine comedy.
(2023, 15, 93min) ★★★★★

4.40 In & Out Comedy with Kevin
Kline. (1997, 12, 91min) ★★

6.20 Happy Gilmore As 1.30am.



9.45 The Book of Clarence

8.00 Two Weeks Notice
Romantic comedy starring
Sandra Bullock and
Hugh Grant. Opposites
attract when a liberal
lawyer goes to work for a
billionaire property tycoon.
(2002, 12, 101 min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Book of Clarence
Biblical comedy starring
LaKeith Stanfield and
Omar Sy. In AD 33
Jerusalem, a hustler
attempts to get rich
by posing as a messiah.
(2023, 15, 129min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 Sometimes I Think About
Dying Comedy drama.
(2023, 12, 93min) ★★

1.30 AM Happy Gilmore Comedy.
(1996, 12, 92min) ★★

3.10 The Blackening Horror
comedy starring Grace Byers.
(2022, 15, 97min) ★★★★★

4.55 to 6.40 AM National
Security Comedy thriller.
(2003, 12, 88min) ★

Sky Cinema Animation

305 412 500 514

6.30 AM The Swan Princess: The...
7.55 The Emoji Movie Animated
adventure. (2017, U, 83min) ★

9.30 Storks Animated adventure.
(2016, U, 87min) ★★

11.10 Dragon Rider Animation.
(2020, PG, 91 min) ★★

12.50 PM Over the Hedge Animation.
(2006, U, 83min) ★★★★★

2.25 Dr Seuss' The Lorax Animated
comedy. (2012, U, 86min) ★★

4.00 Madagascar Animated comedy.
(2005, U, 86min) ★★

5.35 PAW Patrol: The Mighty Movie
Animation. (2023, U) ★★

7.10 The Garfield Movie Animation.
(2023, U, 101 min) ★★

9.00 Rock Dog 3: Battle the Beat
Animation. (2022, U, 90min) ★★

10.40 The Swan Princess: The
Secret of the Castle Animated
sequel. (1997, U, 89min) ★★

12.00 M.T. Fox and Hare Save the
Forest Animated adventure.
(2024, U, 71 min) ★★

1.20 AM The Swan Princess
Animated musical adventure.
(1994, U, 89min) ★★

3.00 Tad the Lost Explorer and the
Secret of King Midas Animated
adventure. (2017, U, 85min) ★★

4.35 to 6.15 AM SuperKlaus
Animation. (2024, U, 92min) ★★

Sky Cinema Thriller

309 409 509 523

7.05 AM Green Zone Action thriller.
(2010, 15, 110min) ★★★★★

9.10 Marnie Hitchcock thriller.
(1964, 15, 130min) ★★★★★

11.30 O Brother, Where Art Thou?
Comedy. (2000, 12) ★★★★★

2.00 PM The Last Stop in
Yuma County Crime thriller.
(2023, 15, 91min) ★★★★★

3.45 State of Play Political thriller.
(2009, 12, 127min) ★★★★★

6.05 Hanna Action thriller.
(2011, 12, 106min) ★★★★★



10.10 Shaft

8.00 Inferno Director Ron
Howard's adaptation of
the Dan Brown thriller,
starring Tom Hanks,
Felicity Jones and Irrfan
Khan. While suffering
from amnesia, Professor
Robert Langdon tries to
stop a lethal virus from
killing millions of people.
(2016, 12, 121 min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Shaft Thriller inspired by
the 1970s screen icon,
starring Samuel L Jackson
as a streetwise New York
cop seeking to bring
down the racist killer
of a young black student.
(2000, 18, 99min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM Ruthless Action thriller.
(2023, 15, 92min) ★★

1.50 Swallowed Horror thriller.
(2022, 18, 96min) ★★

3.40 Hypnotic Action thriller.
(2023, 15, 93min) ★★

5.25 to 7.20 AM The Lesson Thriller.
(2023, 15, 103min) ★★

Movies 24

312 419

7.00 AM Moriah's Lighthouse
Comedy. (2022, PG, 84min) ★★

9.00 The Love Subscription
Comedy. (2023, PG, 86min) ★★

11.00 The Professional Bridesmaid
Drama. (2023, PG, 90min) ★★

1.00 PM Romantic Rewrite
Romantic comedy drama.
(2022, PG, 82min) ★★

3.00 A Paris Proposal Romantic
comedy. (2023, PG, 84min) ★★

5.00 Luckless in Love Romantic
comedy. (2023, PG, 86min) ★★

7.00 Stepping into Love Romantic
drama starring Jenna Michno.
(2023, PG, 82min) ★★

9.00 North to Home Drama starring
Lyndy Fonseca and Kimberley
Sustad. A woman brings together
her three adopted daughters for
a reunion, but each is wrestling
with their own challenges.
(2022, PG, 84min) ★★

11.00 Write Place, Write Time
Comedy. (2023, PG, 85min) ★★

1.00 AM The Journey Ahead
Comedy starring Holly Robinson
Peete. (2022, PG, 102min) ★★

3.00 to 5.00 AM A Bridesmaid in
Love Romantic comedy drama.
(2022, PG, 87min) ★★

Film4

313 855 428 14 300

■ Films start at 11.00am

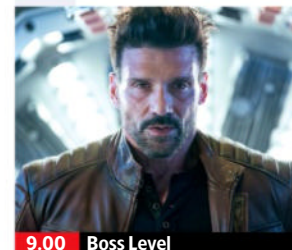
11.00 AM Sink the Bismarck! War
drama. (1959, b/w, U) ★★

1.00 PM Hue and Cry Comedy.
(1946, b/w, U, 82min) ★★

2.40 The Swimmer Offbeat drama.
(1967, PG, 94min) ★★★★★

4.30 The Sons of Katie Elder
Western. (1965, U) ★★

6.50 The Devil Wears Prada
Satirical comedy with Meryl
Streep and Anne Hathaway.
(2006, PG, 109min) ★★★★★



9.00 Boss Level

The Devil Wears Prada
(film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Boss Level Action
comedy starring Frank
Grillo. A former Special
Forces operative wakes
every day, stuck in a time
loop with assassins trying
to kill him. With Mel
Gibson and Naomi Watts
(2021, 15, 100min) ★★

SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 Memento Christopher Nolan's
mystery thriller starring Guy
Pearce and Carrie-Anne
Moss. A man with a bizarre
form of amnesia tries to solve
the puzzle of his wife's death.
(2000, 15, 108min) ★★★★★

1.15 to 4.00 AM All Eyez on Me
Biopic with Demetrius Shipp
Jr as rapper Tupac Shakur.
(2017, 15, 134min) ★★

Talking Pictures

328 445 82 306

6.00 AM Sherlock Holmes (S1)
6.35 Escape by Night Crime drama.
(1952, b/w, PG, 79min) ★★

8.10 Look at Life
8.20 Keep It Clean Comedy.
(1956, b/w, U, 83min) ★

9.50 The Affairs of a Rogue Drama.
(1948, PG, 111 min) ★★★★★

11.40 Dublin Nightmare Crime
thriller starring William Sylvester.
(1958, b/w, PG, 61 min) ★★

12.55 PM School for Secrets
Peter Ustinov's tribute to the
scientists who invented radar.
(1946, b/w, PG, 108min) ★★

3.00 Crown Court Triple bill.
4.30 Snowbound Suspense thriller.
(1948, b/w, PG, 87min) ★★

6.10 Sherlock Holmes in Dressed
to Kill Mystery thriller.
(1946, U, 70min) ★★

7.30 The Cheaters 1/12. (S1)
8.00 The Brothers 13/13. (S5)
9.05 Reckless 5/6. (S1)
10.10 The Gold Robbers 3/13. (S1)

11.15 She Played with Fire Drama.
(1957, b/w, PG, 95min) ★★

1.10 AM The Killer is Loose Thriller.
(1956, b/w, PG, 73min) ★

2.40 The Hills of Donegal Thriller.
(1947, b/w, PG, 85min) ★★

4.20 The Black Abbot (1933) ★★
5.30 to 6.00 AM 26 Men

Sky Sports Main Event

401 511 501 419 439

- 6.00 AM Sky Sports News
7.00 Good Morning Sports Fans
10.00 The Football Show
11.30 **LIVE The Players**
Championship Coverage of day one of the prestigious tournament from TPC Sawgrass in Florida.
7.00 PM **LIVE Premier League Darts** Coverage of night six of the tournament at Motorpoint Arena in Nottingham, a format featuring quarter-finals, semi-finals and a final all in one night.
11.00 Sky Sports News
12.00 M'T The F1 Show: Season Preview A look ahead to the sport's 75th anniversary year.
1.00 AM **LIVE Formula 1** Coverage of the Australian Grand Prix first practice session in Melbourne.
2.55 **LIVE Formula 3** Coverage of the Australian Grand Prix qualifying session at Albert Park Circuit. Start-time is at 3.00am.
3.40 Jensen & the FW22: Extended
3.50 Ted Drives: F4 Cars
4.00 Sky Sports News
4.45 to 6.25 AM **LIVE Formula 1** Coverage of the Australian Grand Prix second practice session at Albert Park Circuit in Melbourne.

Sky Sports Premier League

402 512 502 420 440

- 6.00 AM PL Greatest Games
7.00 Premier League Legends
8.00 Premier League Best Goals
9.00 Premier League 100 Club
10.00 The Football Show
12.00 NOON Gary Neville's Soccerbox
1.00 PM Premier League Years Clips from the 2002/03 season.
3.00 PL Retro A replay of Wigan Athletic v Arsenal from 2010.
5.00 Premier League Best Goals Strikes from the 1996/97 season.
6.00 Premier League 100 Club
6.30 Premier League 100: David James The former goalkeeper looks back at his career.
7.00 The Big Interview
7.30 Premier League Stories
8.00 Gary Neville's Soccerbox With guest Matt Le Tissier.
8.30 With Sol Campbell.
9.00 The Big Interview
9.30 Premier League Stories
10.00 Premier League Icons
11.00 Premier League Years
1.00 AM PL Retro Leicester City v West Ham United from 2016.
3.00 PL Greatest Games
4.00 Best PL Goals 1997/98
5.00 Premier League Best Goals
5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 513 503 421 441

- 6.00 AM Retro League One
8.00 EFL Cup Highlights
8.30 EFL Goals from 2017/18.
9.00 EFL Greatest Games
10.00 EFL Cup Highlights Chelsea v Manchester City in the 2019 final.
11.00 EFL Reading v Swansea City.
12.00 NOON EFL A chance to see Stoke City v Blackburn Rovers.
2.00 PM EFL Highlights
3.00 Bundesliga Highlights Show
4.00 EFL Highlights Championship.
5.30 EFL Cup Highlights Action from Newcastle United v Arsenal.
6.00 EFL Highlights Championship.
6.30 Bundesliga Weekly
7.00 EFL Highlights Championship.
7.30 **LIVE EFL Bromley v Walsall.** Coverage of the League Two match at Hayes Lane. Bromley have acquitted themselves well in their first season in the Football League, but face a tough test against the Saddlers, who are favourites to earn promotion to League One. Kick-off 8.00pm.
10.30 EFL Highlights Championship.
11.00 Bundesliga Weekly
11.30 EFL Greatest Games
12.00 M'T SPFL Greatest Games
2.00 to 6.00 AM SPFL Highlights

Sky Sports Cricket

404 514 504 422 442

- 6.00 AM WPL Mumbai Indians v Royal Challengers Bengaluru.
7.00 IPL Highlights of Rajasthan Royals v Lucknow Super Giants in 2024.
8.00 History of the ICC Champions Trophy Archive action.
9.00 WPL Action from Mumbai Indians v Royal Challengers Bengaluru.
10.00 ICC Champions Trophy Cricket
11.00 WPL Recent highlights.
1.50 PM **LIVE WPL** Coverage of the Eliminator, as second in the table meets third for the chance to take on the table-toppers in the final of the women's T20 competition from India.
5.30 Best of ICC WT20
6.00 Quest: The Official Film
7.30 Best of ICC WT20
8.00 WPL Action from the Eliminator.
9.00 ICC Men's T20 World Cup
10.00 IPL Highlights of Rajasthan Royals v Punjab Kings at Assam Cricket Association Stadium in 2024.
11.00 WPL Action from the Eliminator.
12.00 M'T ICC Champions Trophy Cricket Action from the final.
1.00 AM WPL The Eliminator.
4.40 Ashes Greats Andrew Flintoff.
4.45 Adam Gilchrist in 2001.
5.00 to 6.00 AM IPL Highlights

Sky Sports Golf

405 515 505 423 443

- 6.00 AM PGA Tour Golf
8.00 PGA Tour: The Cut
8.30 The Players Championship
9.00 The Players: The Golden Era
10.00 McGinley & Chamblee at the Players A look ahead.
11.30 **LIVE The Players Championship** Coverage of day one of the tournament from TPC Sawgrass in Ponte Vedra Beach.
11.00 PM The Players: The Golden Era
12.00 M'T PGA Tour Champions Learning Centre
12.30 AM Golf Academy
1.00 The Players Championship
2.00 PGA Tour Champions Learning Centre Golf tips and advice.
2.30 The Players Championship Official Film From 2012.
3.30 The Players Championship
4.30 PGA Tour Champions Learning Centre Golf tips and advice.
5.00 to 6.00 AM The Players Championship Official Film

Sky Sports Tennis

407 517 507 425 445

- 6.00 AM ATP Tennis Recent finals.
8.00 WTA & ATP Tennis Indian Wells.
12.00 NOON WTA Tennis The WTA Dubai Tennis Championships final.
1.00 PM ATP Tour This Week
1.30 WTA & ATP Tennis Highlights of the Indian Wells Open.
5.30 **LIVE WTA & ATP Tennis** Coverage of the ninth day of the Indian Wells Open from Indian Wells Tennis Garden in California.
4.00 AM Mirra Andreeva Podcast
4.15 Bitesize Tennis From 2024.
4.45 Tim Henman Podcast 2024
5.00 to 6.00 AM ATP Tennis

Sky Sports Mix

416 873 510 429 449

- 6.00 AM Top Rank Boxing Archive
8.45 My Icon Martin Offiah.
9.00 The Rugby Championship
11.00 WPL Recent highlights.
1.50 PM **LIVE WPL** Coverage of the Eliminator, as second in the table meets third for the chance to take on the table-toppers in the final of the women's T20 competition.
5.30 My Icon Martin Offiah.
5.45 Top Rank Boxing Archive
6.00 Premier League Darts
10.00 The Rugby Championship
12.00 M'T PGA Tour Champions Learning Centre
12.30 AM Top Rank Boxing Archive
1.45 My Icon Martin Offiah.
2.00 PGA Tour Champions Learning Centre Golf tips and advice.
2.30 The Rugby Championship
4.30 Top Rank Boxing Archive
5.45 to 6.00 AM My Icon

TNT Sports 1

410 870 521 408 430

- 6.00 AM Ultimate Pool
7.30 Premier League Features
8.15 **LIVE AFL Richmond Tigers v Carlton Blues.** Coverage of the match from Melbourne Cricket Ground. Bounce-up 8.30am.
11.15 Sign Up - Into Football
12.00 NOON TNT Sports Reload
12.15 PM **LIVE Cycling** Coverage of stage four of the Tirreno Adriatico.
3.15 **LIVE Cycling** Coverage of the fifth stage of the Paris-Nice.
3.45 In My Blood With Steve Stamp.
4.00 UEFA Europa League & Conference League Magazine
5.00 UEFA Champions League
7.00 **LIVE UEFA Europa League Manchester United v Real Sociedad.** Coverage of the last-16 second-leg staged at Old Trafford. Kick-off 8.00pm.
10.30 UEFA Europa & Conference League Highlights
11.30 AFL A match replay.
1.30 AM Serie A - Full Impact
2.00 Ultimate Pool Recent action.
3.30 Fight Week UFC 313 review.
4.00 TNT Sports Reload
4.30 SailGP - Racing on the Edge
5.00 Premier League Legends
5.30 to 6.00 AM Serie A

TNT Sports 2

411 871 522 409 431

- 6.00 AM Test Cricket Highlights
10.00 Cycling Recent action.
12.00 NOON UEFA Champions League Highlights Show
PM UEFA Europa League & Conference League Magazine
1.30 TNT Sports Reload
1.45 **LIVE Cycling** Coverage of the fifth stage of the Paris-Nice.
3.45 Discovery Golf
4.15 Sign Up - Into Football
5.00 NBA Action Highlights.
5.30 Premier League Netbusters
6.00 Premier League Stories
6.30 Premier League: Big Interview
7.00 **LIVE UEFA Europa League Rangers v Fenerbahce.** The last-16 second-leg from Ibrox. Kick-off 8.00pm.
10.30 Ally's Social Club
11.00 NBA Tip-Off Match previews.
11.30 **LIVE NBA Milwaukee Bucks v Los Angeles Lakers.** The inter-conference match from Fiserv Forum. Tip-off 11.30pm.
2.00 AM **LIVE NBA Golden State Warriors v Sacramento Kings.** The Western Conference match at Chase Centre. Tip-off 2.00am.
4.30 Inside the NBA
5.30 to 6.00 AM NBA Action

Sky Sports Action

408 517 507 426 446

- 6.00 AM Super League Highlights
7.00 Fight Night International
9.00 NRL Melbourne Storm v Penrith Panthers in the 2024 Grand Final.
10.00 NRLW The 2024 Grand Final.
11.00 Fight Night A top bout.
12.00 NOON Super League Highlights
1.00 PM The Rugby Championship
3.00 Fight Night International
4.00 Super League Highlights
5.00 Top Rank Boxing Archive
6.15 Legends of Darts
6.30 Darts Gold Archive highlights.
7.00 **LIVE Premier League Darts** Coverage of night six of the tournament at Motorpoint Arena in Nottingham, with a format featuring quarter-finals, semi-finals and a final all in one night.
11.00 Darts Gold Phil Taylor v Michael van Gerwen from 2013.
11.15 Highlights of Phil Taylor v James Wade from 2010.
11.30 Legends of Darts Profiles.
12.00 M'T Super League Highlights Hull KR v Leeds Rhinos in 2024.
12.15 AM Premier League Darts
4.15 Darts Gold Archive highlights.
4.45 Legends of Darts Profiles.
5.15 to 6.00 AM Top Rank Boxing Archive

Sky Sports+ Sky Sports+

412 518 508 427 447

- 6.00 AM Sky Sports News
7.00 Good Morning Sports Fans
10.00 The Football Show
12.00 NOON Lunchtime Live A look at stories making the headlines.
12.30 PM **LIVE The Players Championship** Coverage of the marquee groups on day one of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach, Florida. There was a three-way tie at the top of the leaderboard at the end of the first round here last year, with Wyndham Clarke, Rory McIlroy and Xander Schauffele all carding seven-under-par rounds of 65. Matt Fitzpatrick and Nick Taylor were one stroke further back, and eventual champion Scottie Scheffler was among six players who were one more shot behind.
11.00 Sky Sports News
12.00 M'T **LIVE WTA & ATP Tennis** Coverage of the ninth day's play of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, including men's and women's singles quarter-finals.
2.00 to 6.00 AM Sky Sports News

TNT Sports 3

413 874 523 410 432

- 6.00 AM UEFA Champions League
10.00 UEFA Europa League & Conference League Magazine
11.00 **LIVE Ski Jumping** Coverage of the women's HS134 in Oslo.
12.30 PM Premier League Stories
1.00 NBA Celtics v Thunder.
2.30 UEFA Champions League
2.45 **LIVE Ski Jumping** The men's HS134 qualifying session in Oslo.
3.45 TNT Sports Reload
4.00 **LIVE Ski Jumping** Coverage of the men's HS134 in Oslo, Norway.
5.45 Serie A - Full Impact
6.15 Sign Up - Into Football
7.00 **LIVE UEFA Europa League Tottenham Hotspur v AZ Alkmaar.** Coverage of the last-16 second-leg. Kick-off is at 8.00pm.
10.30 Cycling Recent highlights.
12.30 AM UEFA Europa League
2.00 UEFA Conference League
2.30 Serie A - Full Impact
3.00 Women's ODI Cricket
4.00 to 6.00 AM AFL

TNT Sports 4

414 876 524 411 434

- 6.00 AM Cycling Recent action.
8.00 Discovery Golf
8.30 Premiership Rugby Cup
10.30 Serie A - Full Impact
11.00 SailGP - Racing on the Edge
11.30 **LIVE Freestyle Skiing** The mixed aerials from Livigno, Italy.
1.00 PM A-League Women
1.30 Biathlon From Nove Mesto.
2.00 **LIVE Biathlon** The women's 15km event in Pokljuka, Slovenia.
4.00 SailGP - Racing on the Edge
4.30 Ultimate Pool Recent action.
6.00 **LIVE Freestyle Skiing** Coverage of the mixed big air finals from Tignes in France.
7.30 **LIVE UEFA Conference League Chelsea v FC Copenhagen.** Coverage of the last-16 second-leg at Stamford Bridge. Kick-off is at 8.00pm.
10.30 Winter Sports Highlights.
12.30 AM UFC Action and features.
2.30 A-League Women Highlights
3.00 to 6.00 AM Winter Sports

Premier Sports 1

419 551

- 6.00 AM Asian Le Mans Series
7.00 Transworld Sport Magazine.
8.00 World Surf League
9.00 LaLiga Highlights
10.00 NASCAR Highlights
11.00 Scottish Football Social Club
12.00 NOON URC in 60 Highlights.
1.00 PM LaLiga Football from Spain.
2.30 Women's Football Weekly
3.00 Asian Le Mans Series
4.00 NASCAR Highlights
5.00 Champions Cup Highlights
6.00 Viva LaLiga The latest news.
7.30 Indy Autonomous Challenge
8.00 LaLiga Highlights
9.00 World Surf League In Hawaii.
10.00 Transworld Sport Magazine.
11.00 Women's Football Weekly
11.30 **LIVE NHL Ice Hockey New Jersey Devils v Edmonton Oilers.** Face-off 12.30am.
2.30 AM NASCAR Highlights
3.30 Top 14 Rugby Union Highlights
4.00 Cape to Cape From 2024.
5.00 to 6.00 AM MotorSport

Premier Sports 2

420 552

- 6.00 AM United Rugby Championship
10.00 Temples of Sport Iconic venues.
11.00 NHL Ice Hockey Detroit Red Wings v Buffalo Sabres.
1.00 PM LaLiga Barcelona v Osasuna.
3.00 Football's Greatest
3.30 United Rugby Championship A replay of Munster v Edinburgh.
5.30 LaLiga Match Highlights Action from Getafe v Atletico Madrid.
5.40 United Rugby Championship A replay of Connacht v Benetton.
7.25 Another chance to see Glasgow Warriors v Ospreys.
9.10 Ulster v Scarlets.
11.00 **LIVE NHL Ice Hockey Toronto Maple Leafs v Florida Panthers.** The Eastern Conference match at Scotiabank Arena. Face-off 12.00m't.
2.00 AM NHL: This is Hockey
2.30 GP Confidential The latest news.
3.00 Temples of Sport
4.00 to 6.00 AM Top 14 Rugby Union

Sky Sports F1

406 516 506 424 444

- 6.00 AM F1 Features
8.00 Formula 1 Australian Grand Prix.
9.00 F1 Features
11.00 Formula 1 Highlights from 2024.
12.00 NOON F1 Features
5.00 PM Formula 1 From Australia.
6.00 F1 Features
9.45 **LIVE Formula 3** The Australian Grand Prix practice session.
10.40 F1 Explained - Banking
10.45 Ted Drives: F4 Cars
10.55 **LIVE Formula 2** The Australian Grand Prix practice session.
11.55 F1 Explained: Formation Lap
12.00 M'T The F1 Show: Lights Out
1.00 AM **LIVE Formula 1** The Australian Grand Prix first practice.
2.55 **LIVE Formula 3** The Australian Grand Prix qualifying session.
3.40 F1 Features
4.45 to 6.25 AM **LIVE Formula 1** The Australian Grand Prix second practice session in Melbourne.

Western



PREMIERE

Horizon: An American Saga – Chapter 1

Sky Premiere, 11am & 8pm

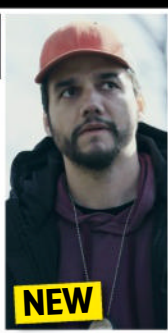
The first in four planned epic Westerns, directed by and starring Kevin Costner.

OnDemand

**Dope Thief**

Available today

Two friends who pose as DEA agents to rob drug dealers are in danger when they select the wrong target.



NEW

OnDemand

**The Electric State**

Available today

Millie Bobby Brown and Chris Pratt star in this sci-fi adventure set in a futuristic version of the 90s.



NEW

OnDemand

**The Killer Inside: The Ruth Finley Story**

Available today

Teri Hatcher stars in this drama as a woman caught up in a murder case.



NEW

SKY EVENING TIME 7.00 PM 7.30 PM 8.00 PM 8.30 PM 9.00 PM 9.30 PM 10.00 PM 10.30 PM

FAVOURITES

101 BBC1	7.00 The One Show †	7.30 Extraordinary...	8.00 Ghosts	8.30 Amanda &...	9.00 Death in Paradise	10.00 News; Local News
102 BBC2	7.00 Pompeii: The New Dig		8.00 Gardeners' World		9.00 Steven McRae: Dancing Back to the Light	10.30 Newsnight
103 ITV1	◀ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Beat the Chasers – Celebrity Special	10.00 News; Local News
104 CHANNEL 4	7.00 News	7.30 Unreported...	8.00 One Question		9.00 Gogglebox	10.00 The Last Leg
105 CHANNEL 5	7.00 Sue Perkins: Discovering Thailand		8.00 Around the World in First Class		9.00 The Flatshare	
106 SKY SHOWCASE	7.00 The F1 Show		8.00 An Idiot Abroad		9.00 Hacks	10.20 Rob Beckett's Smart TV

ENTERTAINMENT

115 BBC3	7.05 Football: Women's Super League – Live: Liverpool v Manchester United (Kick-off 7.15)				9.30 The Traitors US Reunion	10.30 This Country
116 BBC4	7.00 TOTP: 1997	8.00 TOTP: 1988	8.30 TOTP: 1980	9.10 Other Voices: Dingle, Ireland	10.10 Sinéad...	10.40 Irish...
118 ITV2	7.00 Deal or No Deal	8.00 Ant & Dec's Limitless Win		9.00 Film: 22 Jump Street		
136 MORE4	◀ 6.55 Car S.O.S.	7.55 Grand Designs		9.00 Astrid: Murder in Paris	10.20 24 Hours in A&E	
135 E4	7.00 The Simpsons			9.00 Film: Terminator Genisys		
107 SKY WITNESS	7.00 Nothing to Declare	8.00 Caught on Dashcam		9.00 FBI: Most Wanted	10.00 The Equalizer	
108 SKY ATLANTIC	◀ 6.45 Six Feet Under	7.50 Game of Thrones		9.00 The Last of Us	10.15 Homicide: Life on the Street	
110 U&GOLD	7.05 Only Fools and Horses	7.45 Dad's Army	8.20 Dad's Army: The Lost...	9.00 Gavin & Stacey	9.40 Bottom	10.20 The Fast Show
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games		9.00 QI XL	10.00 Have I Got a Bit More News for You	
119 ITV3	◀ 6.55 Heartbeat	8.00 Midsomer Murders			10.00 Endeavour	
120 ITV4	7.00 Cycling: Paris-Nice Highlights	8.00 Film: Clash of the Titans			10.05 Wrestling: AEW Dynamite	
112 COMEDY CENTRAL	7.00 Friends			9.00 Michael McIntyre's Big Show	10.00 Michael McIntyre: Live & Laughing	
139 SKY SCI-FI	7.00 Warehouse 13	8.00 Stargate SG-1		9.00 Grimm	10.00 The Walking Dead	
113 SKY MAX	7.00 Stargate SG-1	8.00 An Idiot Abroad		9.00 Hacks		10.20 Rob Beckett's Smart TV
109 U&ALIBI	7.00 The Mentalist	8.00 White Collar		9.00 Father Brown	10.00 Death in Paradise	
130 SKY ARTS	7.00 The Alfred Hitchcock Hour	8.00 Classic Albums		9.00 God Bless Ozzy Osbourne		
132 U&W	7.00 DIY SOS: The Big Build	8.00 Inside the Ambulance		9.00 999 Rescue Squad		

DOCUMENTARY

125 DISCOVERY	7.00 Salvage Hunters	8.00 Gold Rush	9.00 Expedition Files	10.00 In Search of Monsters
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees	8.00 Legends of the Wild		10.00 Edge of Alaska
129 NAT GEO	7.00 Air Crash Investigation		9.00 Titanic: Case Closed	
123 SKY HISTORY	7.00 Forged in Fire	8.00 River Hunters	9.00 Combat Ships	10.00 Ancient Aliens: Origins
155 U&YESTERDAY	7.00 Speed with Guy Martin	8.00 Guy Martin's WWI Tank	9.20 Guy Martin's Wall of Death: Live	10.35 Robson...
121 SKY DOCS	7.00 Dart Kings	8.00 David Frost Vs	9.00 Williams & Mansell: Red 5	

FILMS – Sky Cinema

301 PREMIERE	◀ 6.05 Blood for Dust	8.00 Horizon: An American Saga – Chapter 1	
302 ORIGINALS	◀ 6.20 Last Seen Alive	8.00 Blacklight	10.00 Hotel Mumbai
303 HITS	◀ 5.40 Ready Player One	8.00 Dune: Part Two	
304 CLASSICS	◀ 6.10 Beverly Hills Cop	8.00 Beverly Hills Cop II	10.00 Beverly Hills Cop 3
305 ANIMATION	◀ 5.45 Ruby...	7.25 The Pirates! In an Adventure with Scientists	9.00 Surf's Up
306 FAMILY	◀ 5.50 The Smurfs 2	7.40 Journey to the Center of the Earth	9.20 Journey 2: The Mysterious Island
307 ACTION	◀ 6.25 Hancock	8.00 Bad Boys for Life	10.15 The Killer
308 COMEDY	◀ 6.20 Wimbledon	8.00 It's Complicated	10.05 National Security
309 THRILLER	◀ 6.00 The Equalizer 3	8.00 Inception	10.35 The Lesson
310 DRAMA	◀ 6.05 8 Mile	8.00 Bob Marley: One Love	10.00 Sundown
311 SCI-FI	◀ 6.15 I Am Legend	8.00 War of the Worlds	10.10 The Adjustment Bureau
313 FILM4	◀ 6.35 CutThroat Island		9.00 Jack Reacher: Never Go Back

SPORT

401 MAIN EVENT	◀ 11.30 The Players Championship – Live: Coverage of day two		
402 PREMIER LEAGUE	7.00 PL Preview	7.30 The Big Interview	8.00 Fantasy Show
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Bristol City v Norwich City (Kick-off 8.00)	
404 CRICKET	◀ 6.00 ICC Men's...	7.30 Best of ICC...	8.00 WPL
410 TNT SPORTS 1	7.00 Premiership Rugby Cup – Live: Coverage of the final		10.15 PL Preview
411 TNT SPORTS 2	◀ 4.15 MotoGP – Live	7.30 Isuzu UTE A-League	8.30 Women's T20 International Cricket
			9.30 UEFA Magazine
			10.00 MotoGP
			10.30 NBA Action



BBC1

- 101** **101** **1** **101** **101**
- 6.00** AM Breakfast (S)
9.30 Morning Live **New edition** (S)
10.45 Crimewatch Live **New edition** (S)
11.30 Homes Under the Hammer (S)(R)
12.15 PM Bargain Hunt (S)(R)(AD)
1.00 BBC News (S)
1.35 Local News (S)
1.45 BBC News (S)
2.00 Father Brown **Series finale**
The Blessing of the Father: 10/10.
 A would-be killer seems set to ruin Mrs Devine and Sullivan's wedding day. (S12) (S)(AD)
2.45 Escape to the Country (S)(R)
3.45 Make It at Market **New edition**
 A woodworker and an embroiderer seek business advice. (S)(AD)
4.30 The Finish Line **New edition** (S)
5.15 Pointless Quiz show. (S)(R)
6.00 BBC News (S)
6.30 Local News (S)



LAST ONE

7.30 Extraordinary Portraits

7.00 The One Show
 Lauren Laverne and Clara Amfo present the topical show. (S)

7.30 Extraordinary Portraits with Bill Bailey
Series finale 6/6. Campaigner Millie is matched with self-taught painter Karen Turner. (S)(AD)

8.00 Ghosts
I Love Lucy: 4/7. Alison invites Lucy to stay. (S3) (S)(R)(AD)

8.30 Amanda & Alan's Spanish Job **Series finale**
 8/8. The duo design a Moorish-themed bar. (S)(AD)
 ■ Entire series on BBC iPlayer

9.00 Death in Paradise
New episode 7/8. Mervin and the team pull together to pin down the prime suspect in his mother's murder. However, old wounds are reopened as Mervin is forced to confront his past. (S14) (S)(AD)

10.00 BBC News (S)
10.30 Local News (S)

10.40 **FILM** William Shakespeare's Romeo + Juliet
 Director Baz Luhrmann's romantic drama based on Shakespeare's famous play about star-crossed lovers, starring Leonardo DiCaprio and Claire Danes. In the strife-torn city of Verona Beach, the son and daughter of rival families fall in love. With Brian Dennehy and John Leguizamo. (S)(AD) (1996, 12, 110min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.30 AM Weather for the Week Ahead Seven-day forecast. (S)
12.35 to **6.00** AM BBC News (S)

BBC2

- 102** **102** **2** **102** **102**
- 6.30** AM 25 Years of Bargain Hunt (R)
7.15 Make It at Market (S)(R)(AD)
8.00 Sign Zone: Alison Hammond's Florida Unpacked (S)(R)(AD)
8.30 Sign Zone: Joanna Page's Wild Life Documentary. (S)(R)
9.00 BBC News (S)
1.00 PM Impossible Quiz show. (S)(R)
1.45 Bridge of Lies Game show. (S)(R)
2.30 The Tournament Quiz show. (S)(R)
3.15 The Farmers' Country Showdown
3.45 Eva Longoria: Searching for Mexico Double bill. (S)(R)(AD)
5.10 Beechgrove Repotted (S)(R)
5.15 Flog It! From Althorp House. (S)(R)
6.00 Richard Osman's House of Games Quiz show. (S)(R)
6.30 Great Continental Railway Journeys **New edition** 5/20.
 Michael Portillo travels from Sarajevo to Mostar. (S)(AD)



9.00 Dancing Back to the Light

7.00 Pompeii: The New Dig
The Final Hours: 3/3. The archaeologists complete the excavations of a villa, a bakery and a laundry, and discover evidence of what people were doing during the city's final hours. (S)(R)(AD)

8.00 **NEW SERIES** Gardeners' World
 Monty Don shares new plans to transform the borders in his jewel garden, and Adam Frost visits Ventnor Botanic Garden on the Isle of Wight. (S)

9.00 **NEW** Steven McRae: Dancing Back to the Light
 The principal dancer with the world-renowned Royal Ballet was at the pinnacle of his career at the age of 33, when he severely damaged his achilles tendon in the middle of a show attended by 2,500 spectators. This is the story of Steven's rehabilitation, and the days leading up to his triumphant return to the stage. (S)(AD)

10.30 Newsnight (S)

11.00 Weather (S)
11.05 **FILM PREMIERE** Medusa Deluxe
 Thriller starring Clare Perkins and Anita-Joy Uwajeh. A regional hairdressing competition is thrown into disarray when one of the stylists is found dead in curious circumstances. (S) (2022, 15, 95min) ★★ See review, page 27.
12.40 AM Sign Zone: Panorama – The Day Los Angeles Burned (S)(R)
1.10 Sign Zone: Great British Menu (R)
2.10 Sign Zone: Chimamanda Ngozi Adichie – The Interview (S)(R)
2.40 to **6.00** AM Previews (S)

ITV1

- 103** **103** **103** **3** **103** **103** **103**
- 6.00** AM Good Morning Britain (S)
9.00 Lorraine (S)
10.00 This Morning Celebrity chat, advice and lifestyle features. (S)
12.15 PM ITV News (S)
12.35 Local News (S)
12.45 **LIVE** Racing: Cheltenham Festival Ed Chamberlin presents coverage of the fourth and final day, including festival feature the 4.00 Boodles Cheltenham Gold Cup Steeple Chase, plus races at 1.20, 2.00, 2.40, 3.20 and 4.40. With analysis from AP McCoy, Ruby Walsh, Megan Nicholls and Mick Fitzgerald, and commentary by Richard Hoiles. (S)
5.00 The Chase **New edition** Quiz show hosted by Bradley Walsh. (S)
6.00 Local News (S)
6.30 ITV News (S)



10.45 Jack Reacher

7.30 Emmerdale
 There is a new reality for one family, Dawn feels surprised, and Tracy faces fresh temptation. (S)(AD)

8.00 Coronation Street
 A vengeful Tracy leads Cassie onto the path of temptation, and Dee-Dee assures Ed that having her baby adopted is the right decision. (S)(AD)

9.00 Beat the Chasers: Celebrity Special
 Bradley Walsh hosts as Rory Bremner, Carlton Cole, Claire Richards and Dana take on Mark Labbett, Anne Hegerty, Shaun Wallace, Paul Sinha, Jenny Ryan and Darragh Ennis. (S)(R)

10.00 ITV News (S)
10.30 Local News (S)

10.45 **FILM** Jack Reacher
 Action thriller starring Tom Cruise as author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. With Rosamund Pike. (S)(AD) (2012, 15, 145min) ★★
 SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

1.10 AM Teleshopping
3.00 Grantchester 2/6. Will and Georgie investigate the death of a company boss. (S7) (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.00 to **6.00** AM M&S: Dress the Nation (S)(SL)(R)(AD)

+1 hour **203** **303** **35** **112**

CHANNEL 4

- 104** **104/108** **108** **4** **104** **104/106**
- 6.25** AM Cheers 1-4/26. (S5) (S)(R)
8.10 Everybody Loves Raymond (S)(R)
9.10 Frasier 4-7/25. (S11) (S)(R)(AD)
11.10 Ramsay's Kitchen Nightmares USA From Tennessee. (S)(R)
12.05 PM News (S)
12.10 Sun, Sea and Selling Houses (R)
2.10 Countdown **New edition** (S)
3.00 A Place in the Sun (S)(R)
4.00 A New Life in the Sun Clint and Carol battle a blocked toilet to get a room ready for guests. (S)(R)
5.00 Four in a Bed **New edition**
 Payment Day arrives, with cleanliness top of the agenda. (S)
5.30 Come Dine with Me **New edition**
 Pete serves up a traditional menu on the final night in Cardiff. (S)
6.00 A Place in the Sun **New edition**
 A retired couple seek a holiday home in Torre Vieja, Spain. (S)



8.00 One Question

7.00 News (S)
7.30 **NEW SERIES** Unreported World
Crisis in Sudan: The Fight for Survival: Krishnan Guru-Murthy presents a report from war-torn Sudan. (S)(AD)

8.00 One Question
New edition 4/6. Claudia Winkleman invites retired Cardiff couple Terry and Angela, and Peter and his nephew Jamie from Yorkshire to compete for a £100,000 prize. (S)

9.00 Gogglebox
New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10.00 The Last Leg
New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by Munya Chawawa, Eshaan Akbar and Rose Ayling-Ellis for a comic review of the significant moments from the past seven days. (S)

11.05 Open House: The Great Sex Experiment 3/8. Tom and Kirsty are looking to try new things. (S)(R)
12.05 AM 4/8. Jess and Ben wish to embark on a non-monogamous lifestyle. (S)(R)
1.00 **FILM** Firestarter Horror thriller. (S) (2022, 15, 100min) ★★★★★
2.40 Ramsay's Kitchen Nightmares USA From Boston. (S)(R)
3.30 Sunday Brunch Best Bits (S)(R)
3.35 to **5.50** AM Come Dine with Me

+1 hour **204/208** **304** **15** **121**

CHANNEL 5

105 105 805 105 5 105 105 105

- 5.40 AM Milkshake!**
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 PM GPs: Behind Closed Doors
 A woman has chronic pain in her spine and leg. (S)(R)
1.40 News (S)
1.45 Home and Away (S)(R)(AD)
2.15 FILM Memories of Murder
 Fact-based thriller with Andrea Bogart and Allie Forsberg. (S) (2023, 12, 105min) ★★★
4.00 Bargain-Loving Brits in the Sun Following Brits who have moved to Spain. (S)(R)(AD)
5.00 News (S)
6.00 Eggheads The Optimists look for a winning strategy. (S)(R)
6.25 Smithdown 3+1 try to defeat the quiz experts. (S)(R)
6.55 News (S)



9.00 The Flatshare

- 7.00 Sue Perkins: Discovering Thailand**
 Sue heads south to Phuket, before making her diving debut in the tropical waters of the Andaman Sea. (S)(R)
7.55 News (S)

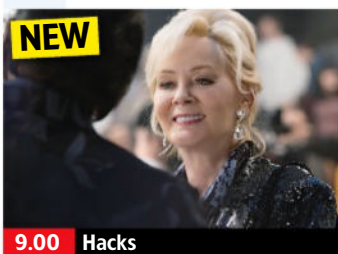
- 8.00 Around the World in First Class**
New edition 3/4. Josie Gibson heads for the tourist hotspots of Finland and Sweden, explores Stockholm, and enjoys a helicopter trip over an archipelago. (S)
9.00 NEW SERIES The Flatshare
Meet Cute: 1/6. Comedy drama starring Jessica Brown Findlay and Anthony Welsh. Tiffany and Leon share a one-bed London apartment, working different shifts so they never actually meet. (S)

- 10.00 The Flatshare**
New episode *On the Apps:* 2/6. As Tiffany tries dating apps and Leon attempts to raise cash, the two bond over sticky notes when things don't work out. (S1) (S)
10.55 Most Shocking Hollywood Moments
 Memorable incidents involving Hollywood A-listers, including the sofa-bouncing antics of Tom Cruise. (S)(R)
12.55 AM Entertainment News (S)
1.00 PlayOJO Live Casino Show (S)
3.00 Kate Humble's Coastal Britain
4.40 Wildlife SOS (S)(SL)(R)
5.05 Great Scientists (S)(SL)(R)
5.35 to 5.40 AM
 Entertainment News (S)

SKY SHOWCASE

106 106 806 109 340 355

- 6.00 AM Sky News Breakfast**
7.00 Breakfast with Anna Jones
8.00 Border Patrol (S)(R)
9.00 Stargate SG-1 (S3) (S)(R)
11.00 Animals Like Us (S)(R)
12.00 NOON The Flash (S8) (S)(R)
1.00 PM Hawaii Five-0 (S1) (S)(R)
3.00 NCIS: Los Angeles (S14) (S)(R)
4.00 S.W.A.T. 1/22. (S1) (S)(R)(AD)
5.00 The Simpsons Million Dollar Maybe: Homer wins \$1million on the lottery, but keeps it a secret from his family. (S)(R)
5.25 Simple Simpson: Homer becomes a pie-throwing, masked vigilante. (S)(R)
5.50 The Office (US) 15/25. Erin decides that she is going to break up with Andy. (S9) (S)(R)
6.15 16/25. Pam has an interview in Philadelphia. (S9) (S)(R)



9.00 Hacks

- 7.00 The F1 Show**
 A look ahead to the Australian Grand Prix, providing a sneak peek of the paddock and the personalities involved at the heart of the race. (R)

- 8.00 An Idiot Abroad**
 7/8. Karl Pilkington visits Peru, where he fails to impress a local tribe with his hunting skills and takes in the ancient Inca city of Machu Picchu. (S)(R)

- 9.00 NEW SERIES Hacks**
There Will Be Blood: 1/8. Deborah eagerly anticipates trying out new material, while Ava dreads the fallout of an explosive e-mail. (S)(AD)
9.40 New episode
Quid Pro Quo: 2/8. Deborah embraces tour life, while Ava grapples with the value of honesty. (S2) (S)(AD)

- 10.20 Rob Beckett's Smart TV**
 Comedy panel show, with guests Gyles Brandreth, Sope Dirisu, Judi Love and Helen George. (S)(R)(AD)

- 11.05 Sex and the City** 1/18. The girls feel down-hearted after attending an engagement party.
11.40 2/18. Carrie faces an identity crisis when she is asked to model for a fashion show. With Heidi Klum. (S4) (S)(R)
12.15 AM An Idiot Abroad (S)(R)(AD)
1.10 Road Wars Double bill. (S)(R)
3.00 NCIS: Los Angeles (S14) (S)(R)
4.00 S.W.A.T. 1/22. (S1) (S)(R)(AD)
5.00 to 6.00 AM Motorway Patrol

LOCAL VARIATIONS

BBC1

SCOTLAND

Sky 964, Virgin 862, Freesat 964

- 10.40pm** The Chief (S)(R) (AD) **11.10 FILM** William Shakespeare's Romeo + Juliet (S)(AD) (1996, 12, 110min) ★★★★★ **1.00am** A View from the Terrace (S)(R) **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND

Sky 966, Virgin 863, Freesat 966

No variations

WALES

Sky 965, Virgin 864, Freesat 965

- 7.00-7.30pm** The Six Nations. Greatest Moments (S) **10.40** Scrum V Top 5 – Will Carling **New edition** (S) **11.10 FILM** William Shakespeare's Romeo + Juliet: As Scotland. **1.00-6.00am** BBC News (S)

BBC2

N. IRELAND

Sky 969, Freesat 969

No variations

WALES

Sky 968, Freesat 968

- 7.00pm** The One Show (S) **7.30-8.00pm** Rick Stein's Cornwall (S)(R)(AD)

ITV1

As main ITV1 except:

WALES

7.00-7.30pm Coast & Country **New edition** (S)

S4C

Sky 134, Virgin 164, Freesat 120

- 6.00am** Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bois y Pizza: Chwe' Gwlad (AD) **12.30** Heno **1.00** Ceffylau, Sheikhs a Chowbois **1.30 Y Fets** (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynawn Da **New edition** **3.00** Newyddion a'r Tywydd **3.05** 24 Awr Newyddion Cymru **3.50** Bwyd Epic Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Byd i'w Wisgo **6.30** Bwyd Epic Chris **6.40** Heno **New edition** **7.05** Newyddion **7.10 LIVE** Clwb Rygbi Rhyngwladol – Dan 20 **9.35** Newyddion a'r Tywydd **10.00** Cartrefi Cymru **10.35-11.40pm** Jonathan

TV&Satellite
New issue
on sale
now

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm



- 7.00 PM The Catch Up**
7.05 LIVE Football: Women's Super League Liverpool v Manchester United: Coverage of the top-flight match between the rivals at Anfield. Kick-off is at 7.15.
9.30 The Traitors US Reunion Series finale 12/12. Alan Cumming hosts a reunion special, in which participants gather to discuss memorable challenges and devilish acts of treachery.
10.30 This Country 1/6. Kerry has turned over a new leaf and is trying to give back to her community. **10.55 2/6.** Kerry receives a series of threatening letters that cause her to feel unsettled. (S2)
11.25 Stacey Dooley: Rape on Trial 1&2/2. Double bill.
1.05 AM Go Hard or Go Home
2.05 Liar: The Fake Grooming Scandal The truth behind a woman's false rape and trafficking allegations.
3.05 to 3.55 AM Stacey Dooley: Rape on Trial

MORE4

136/137 831 147 18 124

- 8.55 AM Kirstie's Vintage Gems** Creating doormats.
9.15 A Place in the Sun
10.05 A New Life in the Sun
11.05 Find It, Fix It, Flog It
1.05 PM Car S.O.S
2.05 Four in a Bed
4.50 Chateau DIY Billie focuses on a furniture renovation.
5.50 Car S.O.S Fuzz Townshend and Tim Shaw secretly restore a Renault 5 GT Turbo. **6.55** Restoring a Fiat 500 for a man who was struck by a series of family tragedies.
7.55 Grand Designs Kevin McCloud follows a project to convert a derelict water tower in central London into a luxury home, complete with a room at the top offering 360-degree views across the capital.
9.00 Astrid: Murder in Paris Series finale *Guilty:* 8/8. Raphaëlle can't remember what happened before she was found in a wrecked car next to a corpse with gunshot wounds. Subtitled. (S4)
10.20 24 Hours in A&E A driver is rushed in after crashing his car and flipping it on its roof. **11.20** A 79-year-old man is rushed to St George's after collapsing in his garage.

- 12.25 AM 999: On the Front Line** Documentary.
1.25 24 Hours in A&E
3.30 to 4.00 AM
 Food Unwrapped

+1 hour 236/237 347 125

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm



- 7.00 PM TOTP: 1997** Music from Gala, Dubstar and Oasis.
7.30 Featuring Meredith Brooks, Wet Wet Wet, Olive, Mary J Blige and Robyn.
8.00 TOTP: 1988 Performances from Bros, Heart, Erasure, Sinitta and Kylie Minogue.
8.30 TOTP: 1980 With Secret Affair, The Dooleys, The Police and Detroit Spinners.
9.10 NEW Other Voices: Dingle, Ireland Musical performances from a church in Dingle, Co Kerry.
10.10 Sinéad O'Connor at the BBC Archive performances by the singer-songwriter.
10.40 Irish Rock at the BBC Featuring Thin Lizzy, Ash, The Undertones and U2.
11.40 Sight & Sound in Concert: Thin Lizzy
12.10 AM The Undertones: Sight and Sound in Concert From 1983.
1.00 TOTP: 1997 Double bill.
2.00 TOTP: 1988 As 8.00pm.
2.30 TOTP: 1980 As 8.30pm.
3.00 to 4.00 AM Other Voices: Dingle, Ireland

E4

135/136 830 106 13 122

- 6.00 AM Modern Family**
6.55 Rude(ish) Tube Shorts
7.00 Kitchen Nightmares USA
8.00 The Goldbergs
9.00 The Big Bang Theory
10.00 Young Sheldon
11.00 Married at First Sight *Australia* Reality series.
12.30 PM The Big Bang Theory
2.00 Young Sheldon
3.00 Modern Family
4.00 The Simpsons
5.00 The Big Bang Theory
6.30 The Simpsons
7.00 The Simpsons Burger Kings: Mr Burns begins selling plant-based burgers.
7.30 The Girl Who Slept Too Little: A construction project causes the local graveyard to be moved next to the family's home.
8.00 Bonfire of the Manatees: Marge starts a new life protecting endangered aquatic creatures.
8.30 Milhouse of Sand and Fog: Milhouse's parents consider a reconciliation.
9.00 FILM Terminator Genisys Sci-fi adventure sequel with Arnold Schwarzenegger. (2015, 12, 126min) ★★★

- 11.25 Naked Attraction**
1.35 AM Gogglebox
3.30 Abbott Elementary
3.55 The Big Bang Theory
4.20 The Goldbergs
5.10 to 6.00 AM
 The Neighborhood

+1 hour 235/236 306 30 123

Friday

primetime

primetime

7 PM

8 PM

9 PM

10 PM

Sky Witness

107 807 110 341 356

- 6.00 AM Stop, Search, Seize
- 7.00 Motorway Patrol
- 8.00 Border Patrol
- 9.00 Border Security USA
- 10.00 Border Security: America's Front Line Double bill.
- 11.00 Caught on Dashcam
- 12.00 NOON The Good Doctor (S2)
- 1.00 PM The Cleaning Lady (S2)
- 2.00 Chicago Fire 19/22. The team try to take down a politician.
- 3.00 20/22. Herrmann tries to become a better man after Cindy's cancer journey. (S1)
- 4.00 Nothing to Declare



8.00 Caught on Dashcam

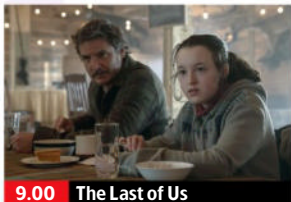
- 7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.
- 8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.
- 9.00 FBI: Most Wanted Deconflict: 3/15. A woman is snatched from home following the murder of her husband. (S2)
- 10.00 The Equalizer Take My Life... Please! The team investigate who is trying to put a hit on a stand-up comedian. (S5)
- 11.00 Matlock 9/18. (S1)
- 12.00 MT Law & Order: Organized Crime 3/22. (S2)
- 1.00 AM FBI: Most Wanted (S2)
- 2.00 The Good Doctor 9/18. (S2)
- 3.00 The Rookie: Feds 19/22. (S1)
- 4.00 Highway Patrol
- 5.00 to 5.00 AM Road Wars

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- 6.00 AM Richard E Grant's Hotel Secrets Double bill.
- 8.00 True Blood 8&9/12. (S4)
- 10.00 Six Feet Under (S2)
- 12.10 PM Game of Thrones (S5)
- 1.25 Westworld 8&9/10. (S1)
- 3.35 True Blood 8/12. Bill tries to arrange a truce with Marnie.
- 4.35 9/12. Eric's mind is altered by another spell. (S4)
- 5.40 Six Feet Under 2/13. Federico asks Nate and David for a loan. (S2)
- 6.45 3/13. Ruth attends a self-help seminar. (S2)



9.00 The Last of Us

- 7.50 Game of Thrones Mother's Mercy: 10/10. Cersei finds herself seeking forgiveness, Jon is challenged, and Daenerys is surrounded by strangers. (S5)
- 9.00 The Last of Us Kin: 6/9. Joel and Ellie descend deeper into dangerous territory in search of the Fireflies – and Tommy. (S1)
- 10.15 Homicide: Life on the Street All Through the House: 8/20. Munch investigates the death of a Santa Claus. (S3)
- 11.20 Gangs of London 6/8. (S2)
- 12.20 AM The Wire 3/13. Royce takes drastic action. (S4)
- 1.25 Mussolini: Son of the Century 6/8. (S1)
- 2.30 Band of Brothers 8/10. (S1)
- 3.40 Game of Thrones As 7.50pm.
- 4.55 to 6.00 AM Fish Town

+1 hour 208/209

Sky Max

113/114 813 111 346 351

- 6.00 AM Hawaii Five-0 (S1)
- 8.00 The Flash 9/20. (S8)
- 9.00 Stargate SG-1 (S3)
- 11.00 Supergirl 18/20. (S1)
- 12.00 NOON The Flash 10/20. (S8)
- 1.00 PM Hawaii Five-0 (S1)
- 3.00 NCIS: Los Angeles 1/21. (S14)
- 4.00 S.W.A.T. 1/18. (S4)
- 5.00 Supergirl 17/20. J'onn J'onzz opens up about meeting with Kara and Alex's father. (S1)
- 6.00 Stargate SG-1 15/22. The team members are invited to the new Tollen home world to participate in 'Triad'. (S3)



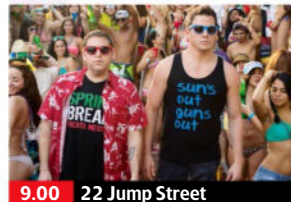
8.00 An Idiot Abroad

- 7.00 Stargate SG-1 Uργο: 16/22. The crew members awake to find computer chips have been planted in their brains. (S3)
- 8.00 An Idiot Abroad 7/8. Karl Pilkington visits Peru, where he fails to impress a local tribe with his hunting skills.
- 9.00 NEW SERIES HACKS There Will Be Blood: 1/8. Deborah tries out new material on the road.
- 9.40 New episode Quid Pro Quo: 2/8. Deborah embraces our life. (S2)
- 10.20 Rob Beckett's Smart TV Gyles Brandreth, Sope Dirisu, Helen George and Judi Love take part.
- 11.05 Strike Back: Vengeance 10/10. The team race to locate and disarm Knox's nuclear weapons. (S3)
- 12.05 AM An Idiot Abroad
- 1.05 Road Wars Double bill.
- 3.00 NCIS: Los Angeles 1/21. (S14)
- 4.00 S.W.A.T. 1/22. (S1)
- 5.00 to 6.00 AM Highway Patrol

ITV2

118 816 115 6 113

- 6.00 AM CITV
- 9.00 World's Funniest Videos
- 9.55 Love Bites Double bill.
- 12.00 NOON Dinner Date
- 1.00 PM Deal or No Deal
- 2.00 Supermarket Sweep
- 3.00 Charmed 13/22. The sisters' attempts to move out are thwarted by a demon. (S8)
- 4.00 Gilmore Girls 12/22. Rory helps Logan write an article. (S5)
- 5.00 Dinner Date
- 6.00 Celebrity Catchphrase Featuring Antony Cotton, Matt Dawson and Stacey Dooley.



9.00 22 Jump Street

- 7.00 Deal or No Deal Stephen Mulhern hosts as David takes on the Banker for the chance to win a life-changing cash prize.
- 8.00 Ant & Dec's Limitless Win Engaged couple Zanesh and Melike, and father-and-son team David and Mark take part.
- 9.00 FILM 22 Jump Street Comedy sequel starring Jonah Hill and Channing Tatum. Two cops are sent undercover at a university, but their friendship is threatened as they join different student cliques. With Peter Stormare. (2014, 15, 109min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.15 Family Guy 5/12. Lois returns to identify her killer. (S6)
- 11.45 17/18. Lois campaigns for election as mayor. (S5)
- 12.15 AM American Dad! (S3&2)
- 1.15 Bob's Burgers (S13)
- 2.15 to 3.00 AM Don't Hate the Playaz

+1 hour 218 315 29 114

ITV3

119 117 10 115

- 6.00 AM Classic Emmerdale
- 7.35 Classic Coronation Street
- 8.10 Inspector Morse
- 10.35 The Royal Busman's Holiday.
- 11.40 Heartbeat Double bill.
- 1.40 PM Classic Emmerdale
- 2.40 Classic Coronation Street
- 3.40 Inspector Morse Who Killed Harry Field? A mischievous artist is murdered, and Morse takes a personal interest in finding the culprit.
- 5.55 Heartbeat Daniel: Gina goes into labour, and Steve is forced to cover for Phil.



8.00 Midsomer Murders

- 6.55 Heartbeat One Thing Leads to Another: Jenny falls victim to conmen who have devised an elaborate loan racket.
- 8.00 Midsomer Murders Death and the Divas: Barnaby and Jones investigate a series of murders echoing the plots of horror films, giving the duo what looks like a disturbing case of life imitating art.
- 10.00 Endeavour Scherzo: Morse and the team are called to investigate the murder of a taxi driver found dead in his cab on the outskirts of Oxford.
- 11.55 Trial & Retribution 10/10. The team struggle to find holes in the Delany brothers' alibi when CCTV footage backs up their story. (S10)
- 1.10 AM Wycliffe 7/8. (S3)
- 2.10 to 2.30 AM Unwind with ITV

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON This Is BBC Scotland
- 7.00 PM Reporting Scotland
- 7.30 LIVE SportsScene: Championship Football Raith Rovers v Dunfermline Athletic: Coverage of the second-tier match from Stark's Park. Kick-off is at 7.45.
- 10.00 Still Game The Fall Guy: 6/6. Isa is excited when an old flame returns to Craiglang. Bobby starts learning to drive, and Methadone Mick enrolls in a mysterious online course. (S8)
- 10.30 A View from the Terrace New edition Craig G Telfer presents a sideways look at Scottish football.
- 11.30 PM to 12.00 MT Scotland's Greatest Escape 1/5. Grado and Judith Ralston head to Perthshire to see what the area has to offer.

Sky Comedy

114/115 814 112 347 352

- 8.00 AM Avenue 5 (S2)
- 9.15 The Conners (S1)
- 10.15 Vice Principals (S2)
- 11.25 Ballers 4&5/10. (S1)
- 12.35 PM Curb Your Enthusiasm (S4)
- 1.55 Vice Principals (S2)
- 3.05 Ballers 4&5/10. (S1)
- 4.15 Avenue 5 (S2)
- 5.25 The Office (US) (S9)
- 6.40 The Conners (S1)
- 7.40 Curb Your Enthusiasm 4/10. Larry inadvertently traumatises Sammy Greene at a dinner party.
- 8.20 5/10. Larry clashes with his new co-star David Schwimmer. (S4)
- 9.00 The Righteous Gemstones 1/9. (S4)
- 9.50 The Tonight Show Starring Jimmy Fallon New edition Talk show.
- 10.50 Veep 3&4/10. (S6)
- 12.10 AM Sex and the City
- 1.30 Divorce 5&6/10. (S1)
- 2.50 Flight of the Conchords (S2)
- 3.50 to 5.00 AM Avenue 5

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM Andrea Bocelli: The Journey
- 8.00 Watercolour Challenge
- 9.00 Tales of the Unexpected
- 10.00 Hitchcock Presents
- 11.00 Discovering
- 12.00 NOON Watercolour Challenge Double bill.
- 1.00 PM Tales of the...
- 2.00 Cleo Laine: The Unseen Home Movies
- 3.00 Discovering
- 4.00 Comedy Legends
- 5.00 Portrait Artist 2021
- 6.00 Tales of the Unexpected
- 7.00 Alfred Hitchcock Hour
- 8.00 Classic Albums
- 9.00 God Bless Ozzy Osbourne Profile of the Black Sabbath frontman.
- 10.45 NEW Cover Your Ears The censorship of music.
- 12.45 AM Music Icons: British Metal
- 1.15 Classic Albums
- 2.35 The Ronnie Wood Show
- 3.45 Live from the Artists Den Crowded House.
- 5.00 to 6.00 AM Auction

Sky Mix

151 135 11 141

- 7.00 AM Nothing to Declare
- 9.00 Bondi Rescue
- 10.00 Highway Patrol
- 11.00 Nothing to Declare
- 12.00 NOON Motorway Patrol
- 1.00 PM Border Patrol
- 2.00 Bondi Rescue
- 3.00 Nothing to Declare
- 4.00 Star Trek: The Next Generation 24/26. (S7)
- 5.00 Stargate SG-1 (S1)
- 6.00 Stargate Atlantis (S2)
- 7.00 Star Trek: Voyager (S5)
- 8.00 Hawaii Five-0 (S8)
- 10.00 S.W.A.T. Vendetta: 20/22. Honda puts his life on the line and goes after the man behind his godson's kidnapping. (S1)
- 11.00 Twisted Killers
- 12.00 MT Britain's Most Evil Killers Jamie Reynolds.
- 1.00 AM Nothing to Declare
- 2.00 Brit Cops: Frontline Crime UK Documentary.
- 3.00 Highway Patrol
- 4.00 Border Patrol
- 5.00 to 6.00 AM Highway Patrol

ITV Be

131/132 119 28 119

- 7.30 AM Unwind
- 7.40 Buying the View
- 8.10 Billie and Greg: The Family Diaries
- 9.10 Fletchers' Family Farm
- 10.10 Buying and Selling
- 11.10 The Real Housewives of Dubai Reality series.
- 12.05 PM Billie and Greg: The Family Diaries
- 1.05 The Only Way Is Essex
- 2.05 Dinner Date
- 3.10 Scott's Vacation House Rules New edition
- 4.05 The Real Housewives of Dubai Reality series.
- 5.00 The Real Housewives of Atlanta Reality series.
- 6.00 Buying and Selling
- 7.00 Fletchers' Family Farm
- 8.00 Dinner Date Jonny picks three blind dates.
- 9.00 Botched Double bill.
- 10.55 My Mum, Your Dad Australia Reality series.
- 12.20 AM The Only Way Is Essex Reality series.
- 1.20 to 1.30 AM Unwind

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM Diagnosis Murder
- 10.00 Father Dowling Mysteries 2/8. (S1)
- 11.00 Sue Thomas: F.B.Eye
- 12.00 NOON Hart to Hart
- 2.00 PM Father Dowling Mysteries 7/8. (S1)
- 3.00 Diagnosis Murder
- 5.00 Murder, She Wrote
- 7.00 M*A*S*H 17-20/24. (S3)
- 9.00 Randall and Hopkirk (Deceased) When Did You Start to Stop Seeing Things? 10/26. Marty worries why Jeff is unable to see him. (S1)
- 10.00 The Avengers Forget-Me-Knot: 1/33. Steed bids farewell to Mrs Peel. (S6)
- 11.00 The Persuaders! (S1)
- 12.00 MT M*A*S*H (S3)
- 2.00 AM Randall and Hopkirk (Deceased)
- 3.00 The Persuaders! (S1)
- 4.00 Highway to Heaven
- 4.50 to 5.00 AM GREAT! Movie News Extra

+1 hour 257

ITV4

120 118 26 117

- 6.00 AM Great Racehorses
- 6.25 The Protectors
- 6.55 The Sweeney
- 7.55 Robin of Sherwood
- 9.00 Racing: The Opening Show
- 10.00 World of Sport
- 10.20 Kojak
- 11.25 BattleBots **New edition**
- 12.30 PM Robin of Sherwood
- 1.40 Magnum, PI
- 2.45 Kojak
- 3.50 Minder
- 4.50 The Sweeney
- 6.00 The Chase Quiz show.



6.00 The Chase

7.00 Cycling: Paris-Nice Highlights Stage six, a 209.8km route from Saint-Julien-en-Saint-Alban to Berre l'Etang.

8.00 FILM Clash of the Titans Fantasy adventure starring Sam Worthington and Gemma Arterton. Young demigod Perseus embarks on a perilous quest with a band of heroes to defeat a terrifying sea monster. (2010, 12, 106min) ★★ SEX ●● VIOLENCE ●●● LANG ●●●

10.05 Wrestling: AEW Dynamite Hard-hitting action from the world of All Elite Wrestling – the roster features world-class talent including Jon Moxley and Chris Jericho.

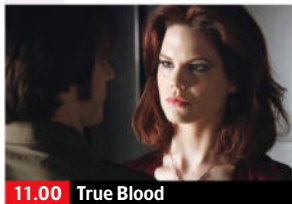
12.10 AM The Protectors
12.40 The Derby Through the Years
1.00 to 3.00 AM LIVE LIV Golf Coverage of round two from Sentosa Golf Club, Singapore. Coverage continues on ITVX.

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- 6.00 AM Most Haunted
- 8.00 Teleshopping
- 11.00 Star Trek: The Next Generation 15/26. (S4)
- 12.00 NOON Star Trek: Voyager
- 1.00 PM Star Trek: Deep Space Nine 4/26. (S7)
- 2.00 Warehouse 13 11/20. (S4)
- 3.00 Stargate SG-1 3/20. (S10)
- 4.00 Star Trek: Voyager (S3)
- 5.00 Star Trek: Deep Space Nine
- 6.00 Star Trek: The Next Generation 15/26. Picard and Troi try to help Riker when a mission goes badly wrong. (S4)



11.00 True Blood

7.00 Warehouse 13 The Living and the Dead: 11/20. Artie unleashes a potential worldwide pandemic. (S4)

8.00 Stargate SG-1 The Pegasus Project: 3/20. Daniel and Vala travel to Atlantis in search of the Sangraal. (S10)

9.00 Grimm Stories We Tell Our Young: 6/22. A priest is murdered by a nine-year-old boy he is performing an exorcism on. (S3)

10.00 The Walking Dead Us: 15/16. Glenn and Tara are determined to reach Terminus, but Abraham is reluctant. (S4)

11.00 True Blood 7/12. Jason tries to sever his ties with the Fellowship of the Sun.
12.00 MT 8/12. Eric arrives to do his maker's bidding on the eve of the Fellowship of the Sun's lockdown. (S2)
1.00 AM SurrealEstate (S2)
2.50 Train 5/12. (S1)
4.00 to 6.00 AM Most Haunted

U&Alibi

109/110 809 114 343 358

- 7.15 AM Murdoch Mysteries (S12)
- 9.00 Father Brown
- 10.00 The Doctor Blake Mysteries
- 11.00 Hudson & Rex 3/20. (S5)
- 12.00 NOON The Mentalist (S5)
- 1.00 PM Death in Paradise (S1)
- 2.00 Murdoch Mysteries (S12)
- 4.00 The Doctor Blake Mysteries
- 5.00 Hudson & Rex 3/20. Superintendent Donovan transports an inmate who was his former partner. (S5)
- 6.00 Father Brown The Scars of War: Mrs Devine's son Eddie is framed for murder.



7.00 The Mentalist

7.00 The Mentalist There Will Be Blood: 16/22. Lorelei Martins returns to avenge her sister's death. (S5)

8.00 White Collar Digging Deeper: 8/13. Neil and Peter try to track down a stolen Tyrannosaurus Rex skeleton. (S5)

9.00 Father Brown The Honourable Thief: Lady Felicia's home comes under threat.

10.00 Death in Paradise Amongst Us: 8/8. A murder uncovers a case of money-laundering and secret identity. (S1)

11.00 The Mentalist As 7.00pm.
12.00 MT White Collar As 8.00pm.
1.00 AM Elementary 15/24. Holmes' former drug dealer Rhys seeks help when his daughter is taken hostage. (S1)
1.55 to 4.00 AM Murdoch Mysteries

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- 7.00 AM Highlights
- 8.55 Keeping Up Appearances
- 9.35 On the Up
- 10.15 Are You Being Served?
- 10.55 Only Fools and Horses
- 11.35 Last of the Summer Wine
- 12.50 PM Keeping Up Appearances
- 1.25 Dad's Army Double bill.
- 2.40 Only Fools and Horses
- 3.20 Are You Being Served?
- 4.00 Last of the Summer Wine
- 5.10 On the Up
- 5.45 Keeping Up Appearances
- 6.25 Are You Being Served?



9.40 Bottom

7.05 Only Fools and Horses Del launches a chandelier-cleaning business.

7.45 Dad's Army Sgt Wilson struggles to concentrate on his Home Guard duties.

8.20 Dad's Army: The Lost Episodes An incendiary bomb comes through the roof of the church hall.

9.00 Gavin & Stacey Nessa and Dave's wedding day arrives.

9.40 Bottom Wretched flatmates Richie and Eddie go camping.

10.20 The Fast Show Ron Manager talks about Ryan Giggs, and Unlucky Alf has an accident.

11.00 Paul Whitehouse's Sketch Show Years Paul takes a look back at the 2000s.

11.40 The Fast Show: Just a Load of Blooming Catchphrases

1.40 AM The Young Ones

2.25 to 4.00 AM Billy Connolly Does...

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- 7.10 AM World's Most Dangerous Roads David Harewood and Fraser James head to Slovenia.
- 8.00 The Force: Behind the Line
- 10.00 American Pickers
- 12.00 NOON Storage Hunters UK
- 2.00 PM James May's Toy Stories: Action Man Documentary.
- 3.00 Top Gear Double bill.
- 5.00 Hairy Bikers' Best of British Si King and Dave Myers look into the history of the potato.
- 6.00 Rick Stein's Road to Mexico The chef visits Oaxaca, home to Mexico's national cheese.



11.00 Sons of Anarchy

7.00 Would I Lie to You? With Sara Cox, Jason Manford, Nick Robinson and Harry Shearer.

7.40 Richard Osman's House of Games With Nina Conti and Toby Tarrant.
8.20 With Jessie Cave, Ayesha Hazarika, Simon Hickson and AJ Pritchard.

9.00 QI XL Guests Sindhu Vee, Rhod Gilbert and Ed Byrne join regular panellist Alan Davies and host Sandi Toksvig.

10.00 Have I Got a Bit More News for You Miles Jupp hosts the satirical quiz, with TV presenter James May and MP Jess Phillips.

11.00 Sons of Anarchy 5/13. Chief Unser tells Hale the truth.

12.00 MT 6/13. Samcro seeks revenge following the car bomb attack on Chibs. (S2)

1.00 AM Live at the Apollo
2.00 to 4.00 AM Meet the Richardsons

+1 hour 211/212 327 74

4seven

137/138 143 49 127

- 9.00 AM Four in a Bed
- 9.30 Sun, Sea and Selling Houses Double bill.
- 11.30 A Place in the Sun
- 2.30 PM Come Dine with Me
- 5.00 A Place in the Sun
- 6.00 Location, Location, Location in Hampshire.
- 7.00 Kirstie and Phil's Love It or List It
- 8.00 The Dog House Breeze the bulldog cross meets 31-year-old Charlotte.
- 9.00 24 Hours in A&E A 65-year-old woman is found collapsed in a park.
- 10.00 Super Surgeons: A Chance at Life Professor Vin Paleri attempts to reconstruct a patient's windpipe.
- 11.05 Gogglebox
- 12.05 AM Celebrity Gogglebox
- 1.10 8 Out of 10 Cats Does Countdown
- 2.15 Open House: The Great Sex Experiment
- 4.15 to 4.45 AM Travel Man: 48 Hours in Marseilles

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

5USA

141/169 120/162 21 129

- 9.00 AM Entertainment News
- 9.10 NCIS 16-18/24. (S12)
- 12.00 NOON Law & Order
- 6.00 PM NCIS Saviours: 8/24. DiNozzo must help old flame Jeanne Benoît rescue her kidnapped husband.
- 7.00 Blood Brothers: 10/24. The secretary of the US Navy seeks to save the life of a sailor with leukaemia.
- 8.00 Spinning Wheel: 11/24. Ducky is assaulted by a man who has information about his half-brother. (S13)
- 9.00 Quantum Leap July 13th, 1985: 1/18. Revival of the sci-fi drama.
- 10.00 Atlantis: 2/18. Ben leaps into the body of an astronaut. (S1)
- 11.00 Law & Order: Special Victims Unit (S16)
- 2.45 AM The Good Wife (S1)
- 3.35 to 4.00 AM Car Pound Cops

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- 8.00 AM Rich Kids Go Skint
- 9.00 Shop Smart, Save Money Documentary.
- 10.00 Nightmare Tenants, Slum Landlords
- 11.00 Traffic Cops Triple bill.
- 2.00 PM Police Interceptors
- 5.00 Rogue Claimers **New edition** A tourist's repeat claim is exposed.
- 6.00 Home and Away
- 7.00 GPs: Behind Closed Doors Medical series.
- 8.00 Casualty 24/7: Every Second Counts
- 9.00 FILM Bridget Jones's Diary Comedy. (2001, 15, 96min) ★★★★★
- 11.05 Adults Only: Porn Star Parents
- 12.05 AM 24 Hour Sex: Up All Night Documentary.
- 1.05 Call the Bailiffs: Time to Pay Up
- 2.10 Police Interceptors
- 3.00 Home and Away
- 3.50 to 4.00 AM Entertainment News

+1 hour 228/229 326 140

5Action

150 130 33 132

- 9.00 AM Entertainment News
- 9.15 Car Pound Cops
- 9.40 Outback Truckers
- 10.40 Traffic Cops
- 11.40 Police Interceptors
- 12.45 PM FILM Dawn at Socorro Western. (1954, 15, 79min) ★★
- 2.25 FILM Comanche Territory Western. (1950, U, 75min) ★★
- 4.00 Outback Truckers
- 5.00 Traffic Cops
- 6.00 Police Interceptors
- 9.00 Police Code Zero: Officer Under Attack A single-crewed officer in Wales spots a gang of suspected burglars.
- 10.00 Police Interceptors
- 11.00 Motorway Cops: Catching Britain's Speeders Documentary.
- 12.00 MT Scam City
- 1.00 AM Criminals: Caught on Camera
- 2.00 Trucking Hell
- 3.50 to 4.00 AM Entertainment News

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

U&W

132/133 827 125 25 156

- 6.10 AM Inside the Ambulance
- 7.00 My Dream Home
- 8.00 Tipping Point
- 11.00 DIY SOS: The Big Build
- 1.00 PM Tipping Point
- 4.00 My Dream Home
- 6.00 Pete Wicks: For Dogs' Sake Documentary.
- 7.00 DIY SOS: The Big Build An extension is built in sub-zero conditions.
- 8.00 Inside the Ambulance Paramedics tend to a boy who has had a seizure.
- 9.00 999 Rescue Squad Emergency services respond to a shooting outside a mosque.
- 10.00 The team are called to help defuse a bomb in Wakefield.
- 11.00 Gavin & Stacey
- 11.40 Miranda Double bill.
- 1.00 AM Inside the Ambulance
- 2.00 to 3.00 AM Alex Jones: Making Babies

+1 hour 232/233 325

U&Drama

143 116 20 158

- 7.10 AM All Creatures Great and Small
- 8.00 Doctors
- 9.15 Classic Holby City
- 10.35 Classic Casualty
- 11.40 The Bill
- 12.40 PM Classic EastEnders
- 2.00 Eldorado
- 3.15 Bergerac
- 4.20 All Creatures Great and Small
- 5.20 One Foot in the Grave
- 6.00 As Time Goes By
- 6.40 Last of the Summer Wine Double bill.
- 8.00 Father Brown The House of God: Kempleford's holiest house is linked to a woman's death.
- 9.00 The Blood of the Anarchists: Tensions rise when anarchists arrive in Kempleford.
- 10.00 New Tricks
- 11.20 Bergerac
- 12.20 AM Lovejoy
- 2.45 to 4.00 AM Classic Holby City

+1 hour 243 316 60

Really

142 128 17 145

- 6.00 AM **Celebrity Fantasy Homes** With Mica Paris.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Charlie Ross and James Braxton visit Somerset.
8.00 Charlie Ross and James Braxton face an auction in Dorchester.
9.00 **Yorkshire Air 999** The team head to the Yorkshire Dales to rescue a rock climber with serious injuries after a fall on one of Yorkshire's highest mountains.
10.00 **Helicopter ER**
12.00 **MT Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 to 6.00 AM **Salvage Hunters**

Challenge

145 139 48 142

- 7.00 AM **The Chase** Triple bill.
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** The dealers compete to buy a model Spitfire and a pair of gilt cherubs.
7.00 **Tenable** Warwick Davis hosts as a team of five friends and family from Bromley compete.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 **MT Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 to 6.00 AM **Bullseye**

GREAT! action

323 426 42

- 8.00 AM **Wild West Chronicles** Western.
8.30 **The Avengers**
9.30 **FILM Return to Warbow** Western. (1958, PG, 67min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Scalphunters** Western adventure. (1968, PG, 102min) ★★
3.15 **FILM The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **FILM Warlock** Western. (1959, U, 123min) ★★
10.35 **FILM American Heist** Crime action drama. (2014, 15, 94min) ★★
12.35 AM **FILM The Duel** Western. (2016, 15) ★★
3.00 to 5.00 AM **Wild West Chronicles**

+1 hour 324

GREAT! movies

321 425 34

- 9.00 AM **Lost Letter Mysteries: Freedom to Give** Crime drama.
10.55 **Lost Letter Mysteries: Family Reunited**
1.00 PM **FILM Evil Intent** Thriller with Abbie Cobb. (2019, 12, 86min) ★
2.55 **FILM Killer on the Island** Crime thriller. (2018, PG, 86min) ★★
5.00 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Transporter Refuelled** Thriller sequel. (2015, 15, 96min) ★★
11.05 **FILM The Commando** Thriller. (2022, 15) ★★
1.05 AM **FILM Manny Dearest** Thriller. (2017, PG, 85min) ★★
3.00 **Air Rescue** Double bill.
4.00 to 6.00 AM **FILM Gone: Finding My Daughter** Thriller. (2018, PG) ★★

+1 hour 322

GREAT! romance

319 424 52

- 8.10 AM **FILM Summer in the Vineyard** (2017, PG) ★★
10.00 **FILM Love Stories in Sunflower Valley** Comedy. (2021, PG) ★★
12.00 NOON **FILM A Vineyard Romance** Drama. (2021, PG, 86min) ★★
2.00 PM **FILM A Perfect Match** Romantic drama. (2021, PG, 84min) ★★
4.00 **FILM Picture Perfect** Romance Drama. (2022, U, 89min) ★★
6.00 **FILM A Very Country Wedding** Drama. (2019, PG, 90min) ★★
8.00 **FILM PREMIERE The Soulmate Search** Drama. (2024, PG, 89min) ★★
9.55 **FILM Love's Match** Drama. (2021, PG) ★★
11.55 **FILM Blueprint to the Heart** Romantic drama. (2020, PG, 90min) ★★
1.55 AM **Highway to Heaven**
3.00 to 5.00 AM **FILM Love, Take Two** (2019) ★★

+1 hour 320 63

Rewind TV

182 95

- 6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching 6/8** (S2)
11.00 **Married... With Children**
11.30 **Bewitched** 14/36. (S1)
12.00 NOON **Shine on Harvey Moon** 1&2/6. (S1)
1.00 PM **From Here to Eternity** 1/3. (S1)
3.00 **Dave Allen in Search of the English Eccentric**
4.00 **Stereo Underground**
5.00 **Married... With Children**
5.30 **Watching 6/8** (S2)
6.00 **Bewitched** 14/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **The Prisoner** 17/17. (S1)
9.00 **Jason King** 15/26. (S1)
10.00 **Game On** 1/6. (S3)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **From Here to Eternity**
1.40 AM **That's My Dog**
2.05 **Monkey** 25/26. (S1)
3.00 **Stereo Underground**
4.00 to 6.00 AM **Highlights**

DMAX

159 169 39 147

- 6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** Captain Coleman's crew question his leadership.
8.00 The crews face a race to catch as much crab as possible before the midnight deadline.
9.00 **Kindig Customs** The gang make a dream of a father and son road trip become a reality.
10.00 A semi hauler comes in for a makeover.
11.00 **Aussie Gold Hunters**
12.00 **MT Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 to 6.00 AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 190 43 148

- 6.00 AM **Roux Back Down the River** From Reading.
7.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Roux Back Down the River** Fly fishing.
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** The celebrity chef learns the secret of pretzels in Munich.
9.00 **Roux Back Down the River** From Wallingford.
10.00 **Nigella Bites**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food** with Casey Webb
2.00 to 3.00 AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 149 41 137

- 8.00 AM **Walker, Texas Ranger** 19/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 16/23. (S4)
11.00 **FILM Super Cyclone** Sci-fi disaster movie. (2012, 12, 90min) ★
1.00 PM **FILM Against a Crooked Sky** Western. (1976, PG, 85min) ★★
2.45 **FILM Airport 1975** Air disaster movie. (1974, PG, 106min) ★★
5.00 **Star Trek** 13/26. (S2)
6.00 **T.J. Hooker** 17/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM The Sweeney** Action thriller. (2012, 15, 112min) ★★
11.15 **FILM We Still Kill the Old Way** Crime drama. (2014, 18, 94min) ★★
1.10 AM **FILM We Still Kill the Old Way** Drama. (2017, 18, 90min) ★
3.05 to 4.50 AM **FILM Witchfinder General** Horror. (1967, 15) ★★

Legend Xtra

317 171 69 138

- 6.00 AM **FILM Meteor** Apocalypse As 5.00pm.
8.00 **FILM Coward of the County** Drama. (1981, PG, 104min) ★★
10.00 **Farscape** 21/22. (S2)
11.00 **FILM Monster Hunters** Thriller. (2020, 15) ★
1.00 PM **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
3.00 **Farscape** 21/22. (S2)
4.00 **Star Trek** 21/26. (S2)
5.00 **FILM Meteor** Apocalypse Adventure starring Joe Lando. (2010, 15, 90min) ★
7.00 **Farscape** 22/22. (S2)
8.00 **Star Trek** 22/26. (S2)
9.00 **FILM Tremors 2: Aftershocks** Horror sequel with Fred Ward. (1995, 12, 95min) ★★
11.00 **FILM American Siege** Thriller with Bruce Willis. (2021, 15, 91min) ★★
1.00 to 3.00 AM **FILM Howl** Horror. (2015, 18) ★★

+1 hour 318 371 139

Blaze

164 174 64 161

- 6.00 AM **Real Deal**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **When Big Things Go Wrong** Documentary.
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Evidence of the Unexplained**
8.00 **The Proof Is Out There**
9.00 **NEW Weird Britain**
10.00 **Alien Corridors**
11.00 **The Abduction of Calvin Parker**
12.30 AM **Close Encounters**
1.00 **UFO Hunters**
2.00 **Weird or What?**
3.00 **Hardcore Pawn**
3.35 **Counting Cars**
4.10 to 6.00 AM **Ancient...**

5SELECT

153 138 46 133

- 9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Dorset: Country and Coast** From Shaftesbury.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben travels to the Sierra Nevada mountains in the USA.
8.00 Ben meets an elderly woman living alone in the wilds of northern Queensland.
9.00 **Tommy Cooper: 30 Funniest Moments** The most memorable sketches and routines from the comic's career.
11.00 **Prisoner: Cell Block H**
1.05 AM **The Madame Blanc Mysteries** 4-6/6. (S1)
3.55 to 4.00 AM **Entertainment News**

HGTV

158 191 44 149

- 7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **The Great Pottery Throw Down**
10.00 **NEW SERIES My Lottery Dream Home** A Wisconsin woman enlists David Bromstad to find her the ultimate lakefront mega-mansion.
10.30 **New edition** A couple find a dream home in Tappahannock.
11.00 **Flip or Flop** Double bill.
12.00 **MT Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 to 4.00 AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 828 165

- 7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple** Popper Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **1000-lb Sisters** Amy faces some difficult truths about Gage's diet.
8.00 **My 600lb Life** The story of a woman who was bedbound for a year.
10.00 A man who weighs 600lbs at the age of 20 wants to lose weight.
12.00 **MT My Deadly Face** Tumour: Body Bizarre
1.00 AM **Extreme Couponing**
2.00 to 6.00 AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

- 8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** (S3)
1.00 PM **Friends** 21/24. Ross's monkey hits puberty.
7.30 22/24. Monica dates a high-school senior.
8.00 23/24. Carol gives birth to Ross's baby.
8.30 24/24. Ross's true feelings come out. (S1)
9.00 **Michael McIntyre's Big Show** With Joe Lycett.
10.00 **Michael McIntyre: Live & Laughing** Stand-up.
11.00 **Utopia** 7&8/8. (S1)
12.10 AM **Who's Line Is It Anyway? USA**
1.10 8 Out of 10 Cats
2.10 **Jimmy Carr: Comedy Central Live** Stand-up.
3.10 **Key & Peele**
3.55 **Teachers** (S3)
4.15 to 5.00 AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

- 6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 12&13/24. (S3)
11.00 **Friends** (S7&8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Who's Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 12&13/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 7/24. Nick and Schmidt argue.
9.30 8/24. Jess asks her friends for advice. (S1)
10.00 **Friends** 15-18/18. (S10)
12.00 **MT Alan Murray: My Gaff, My Rules**
1.30 AM **Alan Carr: Yap, Yap, Yap!** Stand-up.
2.30 **David Spade: My Fake Problems**
3.25 **Bo Burnham: Words, Words, Words**
4.10 **Key & Peele** Triple bill.
5.15 to 6.00 AM **Home Improvement**

Sky Replay

152 156

- 7.00 AM **Sixth Sense** with Colin Fry Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S1)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 5&6/12. (S1)
9.00 **UK Border Force** A man is deported to Nigeria.
10.00 A look inside the UK Border Agency.
11.00 **Road Wars**
12.00 **MT The Russell Howard Hour**
1.00 AM **A League of Their Own** Road Trip: Dingle to Dover
2.00 **The Overlap on Tour**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 to 6.00 AM **Sixth Sense** with Colin Fry

MTV

126/127 824 134

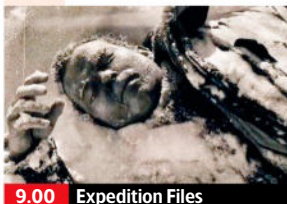
- 6.00 AM **Daria** 4/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Models**
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: Catch of the Day** Reality series.
3.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter**
8.00 **Help! I'm in a Secret Relationship!**
9.00 **In Bloom: Everybody's Fight** Short films about those affected by reproductive freedom restrictions in the US.
9.30 **Queerphilly**
10.00 **Skin A&E** Documentary.
11.00 **Geordie Shore**
12.00 **MT Geddy Lee Asks: Are Bass Players Human Too?**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 to 4.00 AM **Teen Cries**

★★★★★ Excellent ★★★★★ Very Good ★★★★★ Good ★★★★★ Average ★★★★★ Poor

Discovery

125/126 823 177 320 325

- 6.00** AM **How It's Made: Dream Cars** Double bill of editions.
- 7.00** **Treehouse Masters**
- 9.00** **Kindig Customs**
- 11.00** **Wheeler Dealers**
- 1.00** PM **Alaska: Homestead Rescue** Double bill.
- 3.00** **America's Backyard Gold**
- 5.00** **Deadliest Catch** The Coast Guard gets a call to extract a sailor with broken legs 200 miles out to sea.
- 6.00** **Wheeler Dealers** After years of searching, Mike has found the ultimate '80s hot hatch.

**9.00** Expedition Files

- 7.00** **Salvage Hunters** Drew Pritchard bargains for a Victorian canopy and examines goods in a boxer's back garden.

- 8.00** **Gold Rush** Rick confronts foreman Buzz, throwing down an ultimatum, and Parker hopes for a big score on Sulphur Creek.

- 9.00** **Expedition Files**
New edition Investigating the curse of Tut's tomb, and the disappearance of a man in the desert.

- 10.00** **In Search of Monsters** Exploring a new theory surrounding the potential danger of Scotland's Loch Ness Monster.

- 11.00** **Mystery at Blind Frog Ranch** Chad considers a risky blind dive, and intruders are discovered on the ranch.

- 12.00** M/T **Mountain Monsters**
- 1.00** AM **Expedition Files**
- 2.00** **In Search of Monsters**
- 3.00** **Gold Rush** Documentary.
- 4.00** to **5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

- 8.00** AM **Tanked** A fish tank.
- 9.00** **Pit Bulls & Parolees**
- 10.00** **My Cat from Hell**
- 11.00** **Animal Cops Philadelphia**
- 12.00** NOON **Tanked**
- 1.00** PM **Pit Bulls & Parolees**
- 2.00** **The Zoo** Double bill.
- 4.00** **My Cat from Hell** Jackson visits New York City to help a father and son.
- 5.00** **Animal Cops Philadelphia** A cat shelter is closed down.
- 6.00** **Tanked** Wayne and Brett design a tank for the San Jose Sharks hockey team.

**8.00** Legends of the Wild

- 7.00** **Pit Bulls & Parolees** The rescue team begin Operation Rhino, hoping to place a shelter resident in a fantastic home.

- 8.00** **Legends of the Wild** Damian Duffy and Matt Hoffman investigate kangaroos being mauled in Victoria, Australia.

- 9.00** **Legends of the Wild** Damian Duffy and Matt Hoffman investigate a creature mutilating livestock in Ecuador.

- 10.00** **Edge of Alaska** The hidden city inside the mountain is within reach, but exploration means convincing locals for help.

- 11.00** **Meet the Orangutans** One primate's bullying pushes limits. **11.30** It is feeding time for the primates at the sanctuary.

- 12.00** M/T **Meet the Penguins**
- 1.00** AM **Alaska Monsters**
- 2.00** **My Cat from Hell**
- 3.00** **Animal Cops Philadelphia**
- 4.00** to **5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

- 8.00** AM **Food Factory**
- 9.00** **Air Crash Investigation: Special Report**
- 10.00** **Defending Europe**
- 11.00** **Nazi Megastructures: Battle Ready** Battleships.
- 12.00** NOON **Car S.O.S** A Fiat 500.
- 1.00** PM **Mutant Weather**
- 2.00** **Air Crash Investigation**
- 3.00** **Drain the Oceans**
- 4.00** **Nazi Megastructures**
- 5.00** **Car S.O.S** Fuzz and Tim get their hands on a Mazda MX5.
- 6.00** The boys head to Essex to secretly fix a '70s supercar.

**9.00** Titanic: Case Closed

- 7.00** **Air Crash Investigation** The story of Ethiopian Airlines Flight 302, which nosedived, killing everyone on board.

- 8.00** **Air Crash Investigation** A look into the case of a commuter plane that crashed mere seconds after take-off in 1985.

- 9.00** **Titanic: Case Closed** Tim Malton, author of the book *101 Things You Thought You Knew About the Titanic But Didn't*, explains why he believes that strange atmospheric conditions in the Atlantic were to blame for the cruise liner's demise.

- 11.00** **Air Crash Investigation**
- 1.00** AM **UFOs: Investigating the Unknown** Tools and techniques used to investigate UFOs.

- 2.00** **Made in a Day**
- 2.30** **Lords of War** Double bill.
- 3.20** **Food Factory**
- 4.10** to **5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

- 6.00** AM **American Pickers**
- 6.50** **Claw Hunters**
- 7.45** **Rust Valley Restorers**
- 8.45** **Forged in Fire**
- 9.35** **Auction Kings**
- 10.05** **Storage Wars** Four editions.
- 12.00** NOON **Mountain Men**
- 1.00** PM **Rust Valley Restorers**
- 2.00** **WWII Lost Films**
- 4.00** **Digging for Britain**
- 5.00** **Pawn Stars** A ceramic owl 'made' by Pablo Picasso.
- 6.00** **American Pickers** The Wolfe brothers check out a century-old soda shop frozen in time.

**10.00** Ancient Aliens: Origins

- 7.00** **Forged in Fire** 2/2. The Road to Redemption continues with four former smiths remaining.

- 8.00** **River Hunters** Beau Ouimette and Rick Edwards visit Hadrian's Wall, and scour the River Eden and River Carlisle.

- 9.00** **Combat Ships**
New edition Focusing on the ships that made mighty empires, including the *USS Laffey*.

- 10.00** **Ancient Aliens: Origins**
New edition How the discovery of underwater structures hints at the existence of former civilizations lost to time.

- 12.00** M/T **Paranormal: Caught on Camera** A couple share their hotel room with a ghost.
- 1.00** AM **Rust Valley Restorers**
- 2.00** **Ancient Aliens**
- 3.00** **Ramses the Great: King of Ancient Egypt**
- 4.00** to **6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

- 6.10** AM **Antiques Roadshow**
- 8.00** **World War Weird**
- 9.00** **WW2: Frontlines**
- 10.00** **Secrets of the London Underground** Double bill.
- 12.00** NOON **Simon Reeve's South America** As 12.00m't.
- 1.00** PM **Antiques Roadshow**
- 2.00** **Bangers & Cash** Double bill.
- 4.00** **World War Weird**
- 5.00** **WW2: Frontlines** A look back at the Battle of Iwo Jima.
- 6.00** **Antiques Roadshow** Fiona Bruce presents the show from Eltham Palace, South London.

**10.35** Weekend Escapes

- 7.00** **Speed with Guy Martin** The motorcycle racer makes a bold attempt to set a world speed record for a hovercraft.

- 8.00** **Guy Martin's WWI Tank** Guy plans to build a working replica of a World War One tank to mark the centenary of the Battle of Cambrai.

- 9.20** **Guy Martin's Wall of Death** The mechanic attempts to build and ride on the world's largest Wall of Death.

- 10.35** **Robson Green's Weekend Escapes** The actor and Hairy Biker Si King head to Chillingham.

- 11.10** **Find It, Fix It, Flog It** Henry and Simon find a stained glass and a Victorian hay rack that are ready for upcycling.

- 12.10** AM **Simon Reeve's South America** Simon travels to the vast white salt flats of Bolivia.
- 1.10** to **3.00** AM **Steam Train Britain**

+1 hour 255 329

Quest

144 834 137 12 150 144

- 6.00** AM **Junkyard Empire**
- 8.00** **American Pickers**
- 9.00** **Aussie Gold Hunters**
- 12.00** NOON **The Repair Shop**
- 3.00** PM **Shed and Buried**
- 4.00** **Find It, Fix It, Flog It**
- 6.00** **The Repair Shop**
- 8.00** **Shed and Buried** Henry Cole and Sam Lovegrove take a look at a farmer's eclectic collection in Herefordshire.
- 8.30** Henry and Sam fall in love with a barn full of automobilia.
- 9.00** **The Repair Shop** Woodworker Will is tasked with fixing up a very unstable table.
- 10.00** The team work to restore a ceremonial cavalry helmet.
- 11.00** **How Do They Do It?**
- 1.00** AM **Junkyard Empire**
- 3.00** **Find It, Fix It, Flog It**
- 4.00** to **5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

- 6.00** AM **Say Yes to the Dress: UK** Double bill.
- 7.00** **Say Yes to the Dress: Lancashire**
- 8.00** **Say Yes to the Dress: Atlanta** Reality series.
- 9.00** **Say Yes to the Dress**
- 11.00** **Forensic Detectives**
- 12.00** NOON **Betrayed**
- 1.00** PM **On the Case**
- 2.00** **Murder on CCTV**
- 3.00** **Judge Rinder's Crime Stories** Documentary.
- 4.00** **American Monster**
- 6.00** **People Magazine Investigates**
- 7.00** A **Killer's Mistake**
- 8.00** **Murder on CCTV**
- 9.00** **Death by Fame**
New edition True-crime.
- 10.00** **Death by Fame**
- 11.00** **Murder on CCTV**
- 12.00** M/T **Faking It: Tears of a Crime** Double bill.
- 2.00** AM **Murder Comes to Town** Carla Fuqua.
- 3.00** to **4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

- 9.00** AM **Judge Judy**
- 1.00** PM **Judge Judy**
- 7.00** **Crimes That Shook Australia** A profile of Queensland's 'black widow' killer Patricia Byers.
- 8.00** **Secrets of a Murder Detective** A young father is killed by a gang with various weapons.
- 9.00** **Fatal Attraction**
New edition A high school cheerleader is found murdered.
- 10.00** **Killer Kids** The 2006 murder case of the Richardson family.
- 11.00** **Prosecuting Evil** with Kelly Siegler
- 12.00** M/T **Nightmare Next Door** The Chae family.
- 1.00** AM **Fatal Attraction**
- 2.00** **Killer Kids**
- 3.00** **Donal MacIntyre's Murder Files**
- 4.00** to **6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

- 9.00** AM **A Stranger in My Home** Double bill.
- 11.00** **Medical Detectives**
- 2.00** PM **A Stranger in My Home** A family's home becomes the scene of a real-life horror movie.
- 3.00** Peggy Mehrman must rely on the kindness of strangers.
- 4.00** **Medical Detectives** The disappearance of a man's mail-order bride.
- 4.30** A family are found dead after a house fire.
- 5.00** The brutal murder of an elderly couple.
- 5.30** A look into the murder of a gay couple.
- 6.00** The abduction and murder of a nine-year-old girl.
- 6.30** A dog helps solve a murder case.
- 7.00** **Judge Judy** Real-life small-claims cases.
- 12.05** AM **Judge Judy**
- 4.45** to **6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

- 6.00** AM **Highway Cops**
- 7.00** **The Force: Manchester**
- 8.00** **Road Wars**
- 9.00** **Brit Cops: Rapid Response** Documentary.
- 10.00** **Send in the Dogs**
- 11.00** **Catching the Killer**
- 12.00** NOON **How I Caught...**
- 1.00** PM **The Real Manhunter**
- 2.00** **Made for Murder**
- 3.00** **World's Most Evil Killers**
- 4.00** **Britain's Most Evil Killers** Jordan Monaghan.
- 5.00** **Catching the Killer**
- 6.00** **How I Caught the Killer**
- 7.00** **World's Most Evil Killers**
- 8.00** **Britain's Most Evil Killers** Danville Neil.
- 9.00** **Family Secrets: The Disappearance of Alissa Turney**
- 10.45** **World's Most Evil Killers**
- 12.55** AM **How I Caught the...**
- 2.00** **Snapped** Double bill.
- 4.00** **Send in the Dogs**
- 5.00** to **6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

- 8.00** AM **Underfire: The Untold Story of Tony Vaccaro** Documentary.
- 9.35** **China, the US and the Rise of Xi Jinping**
- 12.00** NOON **Mafia's Greatest Hits** Joe Valachi.
- 1.00** PM **Great Forts of the Mediterranean**
- 2.05** **Underfire: The Untold Story of Tony Vaccaro**
- 3.35** **China, the US and the Rise of Xi Jinping**
- 6.00** **Mafia's Greatest Hits**
- 7.00** **Underfire: The Untold Story of Tony Vaccaro** The story of a World War Two US infantryman who made a photographic record of the conflict.
- 8.35** **NEW** **China, the US and the Rise of Xi Jinping** Martin Smith traces the defining moments for Xi Jinping.
- 10.55** **Mafia's Greatest Hits**
- 12.00** M/T to **2.00** AM **Underfire: The Untold Story of Tony Vaccaro**

Sky Documentaries

121/122 819 188 352 367

- 6.00 AM Richard E Grant's Hotel Secrets The actor visits Tokyo.
- 7.00 Discovering: Ian McKellen
- 8.00 The Directors
- 9.00 The 2010s
- 10.00 Urban Secrets
- 11.00 The Good Fight Club
- 12.00 NOON Escobar by Escobar
- 4.00 PM The Directors
- 5.00 Discovering: Ian McKellen
- 6.00 The 2010s 8/9. How 2020 was a transformational year in history.
- 7.00 Dart Kings 3/3. Documentary looking at the sport during the 1970s, 1980s and 1990s.
- 8.00 David Frost Vs 3/3. The interviewer's encounter with Jane Fonda during her protests about the Vietnam War.
- 9.00 Williams & Mansell: Red 5 The rise of driver Nigel Mansell and the Williams F1 racing team.
- 10.50 Stirling A look at the life and career of Stirling Moss.
- 12.10 AM 1 Am Heath Ledger
- 2.00 Be Water
- 4.00 The Directors
- 5.00 to 6.00 AM Discovering: Ian McKellen

Crime+Investigation

156 837 133

- 6.00 AM Killer in Plain Sight
- 7.00 Homicide Hunter
- 8.00 The First 48
- 9.00 Meet, Marry, Murder
- 10.00 Hometown Tragedy
- 11.00 An Hour to Kill
- 12.00 NOON Buried in the Backyard
- 1.00 PM Somebody's Hiding Something Documentary.
- 2.00 Witness to Murder: Digital Evidence
- 3.00 Robbie Coltrane's Critical Evidence
- 4.00 Meet, Marry, Murder
- 5.00 On the Case with Paula Zahn
- 6.00 After the First 48
- 7.00 The First 48
- 8.00 Hometown Tragedy New editions Double bill.
- 9.00 NEW SERIES Court Cam
- 10.00 Phrogging: Hider in My House
- 11.00 Homicide Hunter
- 12.00 MT Very Scary People
- 2.00 AM Hometown Tragedy
- 3.00 Britain's Darkest Taboos
- 4.00 Court Cam
- 5.00 to 6.00 AM On the Case...

+1 hour 256 333

U&Eden

166 176 57 160

- 9.00 AM China's Secret Monkey Kingdom As 3.00pm.
- 10.00 Seasons of the Wild
- 12.00 NOON The Hidden River
- 3.00 PM China's Secret Monkey Kingdom Exploring China's Chongzuo nature reserve, the last refuge for the endangered white-headed langur.
- 4.00 Seasons of the Wild The dry season in Florida's Everglades.
- 5.00 The Bill Four episodes.
- 7.00 Pointless Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
- 9.00 The Brokenwood Mysteries As If Nothing Had Happened: 4/4. An ex-finance boss responsible for the loss of many elderly people's life savings is found floating in a swimming pool with a samurai sword in his back. (S4)
- 11.00 The Bill Four episodes.
- 1.05 AM Pointless Double bill.
- 3.00 The Brokenwood Mysteries
- 4.40 Seasons of the Wild
- 5.30 to 6.00 AM The Bill

+1 hour 266 376

Sky Nature

124/125 822 189 354 369

- 6.00 AM Ol Pejeta Diaries
- 7.00 Monkey Life
- 8.00 Secrets of Wild Australia
- 9.00 Dawn to Dusk
- 10.00 Patrick Aryee's Wild World
- 11.00 Animals Like Us
- 12.00 NOON Mysteries of the Mekong Documentary.
- 1.00 PM Monkey Life
- 2.00 Secrets of Wild Australia
- 3.00 Dawn to Dusk
- 4.00 Patrick Aryee's Wild World
- 5.00 Coastal Africa
- 6.00 Mysteries of the Mekong
- 7.00 Monkey Life Double bill.
- 8.00 Cub Camp Following the journey of an abandoned cub.
- 9.00 Malawi Wildlife Rescue The team hope to return an injured monkey to the wild.
- 10.00 Mysteries of the Mekong
- 11.00 Coastal Africa
- 12.00 MT Animals Like Us
- 1.00 AM Into the Wild: India
- 2.00 Cub Camp
- 3.00 Malawi Wildlife Rescue
- 4.00 Secrets of Wild Australia
- 5.00 to 6.00 AM Dawn to Dusk

WILD

165 841 182

- 8.00 AM Secrets of the Zoo
- 9.00 World's Deadliest
- 10.00 Africa's Hunters
- 11.00 Africa's Deadliest
- 12.00 NOON The Incredible Dr Pol
- 1.00 PM Yukon Vet
- 2.00 Deadly Dozen
- 3.00 Africa's Deadly Kingdoms
- 4.00 Secrets of the Zoo
- 5.00 The Incredible Dr Pol
- 6.00 Snakes in the City
- 7.00 Secrets of the Zoo A beloved flamingo fights for its life.
- 8.00 Savage Kingdom The Matahta and Western Prides continue their battle for supremacy.
- 9.00 A lone cheetah is reunited with its father, and begins a new stage of life.
- 10.00 Alaska: The Next Generation Winter hits Alaska and temperatures drop below zero.
- 11.00 Ice Road Rescue
- 12.00 MT Monster Fish
- 1.00 AM Lawless Island
- 2.00 Yukon Vet
- 3.00 Secrets of the Zoo
- 4.00 to 5.00 AM Yukon Vet

ID

154 166

- 8.00 AM Murder Loves Company
- 9.00 Lone Star Justice
- 11.00 Murder in the Heartland
- 1.00 PM I'd Kill for You
- 3.00 Forbidden: Dying for Love
- 5.00 Murder Comes to Town
- 7.00 Murder Under the Friday Night Lights The community is shocked when a Louisiana high school coach is murdered.
- 8.00 Jealousy is motivation enough to kill in a California city.
- 9.00 Fatal Affairs When a new girl arrives in town, she attracts the local, married heartthrob.
- 10.00 Married to Evil When Heidi's alcoholic husband, Chris, goes missing, police uncover a dark secret hidden in the basement of the marital home.
- 11.00 Obsession: Dark Desires A woman's relationship with a preacher that took a dark turn.
- 12.00 MT Evil Lives Here: Shadows of Death Double bill.
- 2.00 AM Forbidden: Dying for Love
- 4.00 to 6.00 AM Murder Under the Friday Night Lights

+1 hour 254 366

Sky History 2

163/168 840 186

- 6.00 AM Ancient Aliens
- 8.00 History's Greatest Mysteries
- 9.00 Weeks of War
- 10.00 What on Earth?
- 11.00 Ancient Aliens
- 1.00 PM Digging Up Britain's Past
- 2.00 Digging for Britain
- 3.00 Lost Worlds
- 4.00 Weeks of War
- 5.00 The Proof Is Out There
- 6.00 What on Earth?
- 7.00 On the Trail of UFOs: Dark Sky Film-maker Seth Breedlove and paranormal researcher Shannon LeGro search for the truth behind the enigma of unidentified flying objects.
- 9.00 Weird or What? With William Shatner A woman who says she was repeatedly assaulted by an invisible force.
- 10.00 History's Greatest Mysteries The secrets of Stonehenge.
- 11.00 The Witches of Salem
- 12.00 MT Ancient Aliens
- 2.00 AM Digging for Britain
- 3.00 Digging Up Britain's Past
- 4.00 to 6.00 AM On the Trail of UFOs: Dark Sky

Discovery History

174 181

- 7.00 AM Secret Science of the Secret Service As 8.00pm.
- 8.00 Extreme Engineering
- 9.00 Combat Dealers
- 10.00 Blowing Up History
- 12.00 NOON Expedition Unknown
- 2.00 PM NASA's Unexplained Files
- 3.00 How the Universe Works
- 4.00 Treasure Quest: Snake Island
- 5.00 Mysteries at the Museum
- 7.00 Contact Project The international task force identify a pattern of unusual activity centred around an earthquake.
- 8.00 Secret Science of the Secret Service An investigation into America's mysterious law enforcement agency, detailing the tactics employed to protect the US president.
- 9.00 Salvage Hunters: Classic Cars
- 10.00 Shed and Buried
- 11.00 Blowing Up History
- 1.00 AM How the Universe Works
- 2.00 NASA's Unexplained Files
- 3.00 to 5.00 AM Expedition Unknown

+1 hour 274 381

Discovery Turbo

161/172 180

- 6.00 AM Extreme RVs
- 7.00 Kindig Customs
- 8.00 Mega Shippers
- 9.00 Salvage Hunters: Classic Cars
- 10.00 Motor Pickers
- 11.00 Shed and Buried
- 12.00 NOON Outback Car Hunters
- 1.00 PM Junkyard Empire
- 2.00 Wheeler Dealers
- 3.00 Motor Pickers
- 4.00 Richard Hammond's Workshop
- 6.00 Salvage Hunters: Classic Cars
- 7.00 Shed and Buried
- 8.00 Richard Hammond's Workshop
- 9.00 Shed and Buried: Classic Cars Henry and Fuzz restore a 1970s VW Beetle Beach Buggy.
- 10.00 Motor Pickers
- 11.00 Shed and Buried
- 12.00 MT Richard Hammond's Workshop Richard threatens to ditch the whole project.
- 1.00 AM Outback Car Hunters
- 2.00 Iron Resurrection
- 3.00 Wheeler Dealers
- 4.00 to 5.00 AM Speed Is the New Black

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

- 7.00 AM A Place Called Silence Thriller. (2024, 15, 119min)
- 9.10 The Good Half As 4.20pm.
- 11.00 PREMIERE Horizon: An American Saga - Chapter 1
- 2.10 PM Rob Peace Drama. (2024, 15, 120min) ★★★
- 4.20 The Good Half Comedy drama starring Nick Jonas. (2023, 15, 96min) ★★★
- 6.05 Blood for Dust Action thriller starring Scoot McNairy. (2023, 18, 98min) ★★★



PREMIERE 8.00 Horizon: An American...

- 8.00 PREMIERE Horizon: An American Saga - Chapter 1 Western starring Kevin Costner, who also co-wrote and directed, with Sienna Miller and Sam Worthington. Families discover the lure of the Old West as they settle in territories from Wyoming to Kansas during the 19th century. Meanwhile, a seasoned cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. (2024, 15, 181min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.10 Fight or Flight Action thriller starring Josh Hartnett, Katee Sackhoff and Julian Kostov. (2025, 15, 98min) ★★★
- 12.55 AM Blood for Dust (2023)
- 2.40 MaXXXine Thriller with Mia Goth and Elizabeth Debicki. (2024, 18, 104min) ★★★
- 4.30 to 6.15 AM Fight or Flight

Sky Cinema Drama

310 410 510 524

- 7.20 AM Steve Jobs As 11.35pm.
- 9.35 Dear John Romantic drama. (2010, 12, 108min) ★★
- 11.30 Catch Me If You Can Steven Spielberg's fact-based adventure starring Leonardo DiCaprio. (2002, 12, 141min) ★★★★★
- 2.00 PM Lady Bird Comedy drama. (2017, 15, 94min) ★★★★★
- 3.40 Ferrari Biopic starring Adam Driver. (2023, 15, 130min) ★★★
- 6.05 8 Mile Urban drama starring Eminem. Detroit youth Jimmy 'Rabbit' Smith dreams of escaping his dysfunctional home and dead-end job and making it as a hip-hop star. (2002, 15, 112min) ★★
- 8.00 Bob Marley: One Love Biopic starring Kingsley Ben-Adir. (2023, 12, 104min) ★★★
- 10.00 Sundown Drama starring Tim Roth. (2021, 15, 82min) ★★★★★
- 11.35 Steve Jobs Danny Boyle's biopic. (2015, 15, 119min) ★★★★★
- 1.50 AM The Man with the Answers Drama. Partly subtitled. (2021, 12, 80min) ★★★★★
- 3.25 Black Dog British drama. (2023, 15, 96min) ★★★
- 5.15 to 7.20 AM The Young Messiah Biblical drama starring Sean Bean. (2016, 12, 111min) ★★

Sky Cinema Hits

303 403 503 517

- 6.00 AM American Star As 4.25am.
- 8.00 Tarot As shown at 12.45am.
- 9.45 Asteroid City Sci-fi comedy. (2023, 12, 105min) ★★★★★
- 11.45 Anyone But You Comedy. (2023, 15, 103min) ★★★★★
- 1.45 PM Bad Boys: Ride or Die Horror starring Lupita Nyong'o. (2024, 15, 100min) ★★★★★
- 5.40 Ready Player One Sci-fi adventure with Tye Sheridan. (2018, 12, 140min) ★★★★★



10.45 Bad Boys: Ride or Die

- 8.00 Dune: Part Two Sci-fi drama sequel starring Timothée Chalamet. On the desert planet Arrakis, freedom fighters Paul and Chani galvanise the Fremen to strike down murderous conspirators against the Atreides dynasty. With Zendaya, Rebecca Ferguson and Austin Butler. (2024, 12, 166min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 10.45 Bad Boys: Ride or Die Action comedy starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
- 12.45 AM Tarot Horror with Harriet Slater. (2024, 15, 92min) ★★
- 2.20 Monkey Man Action thriller. (2024, 18, 121min) ★★★★★
- 4.25 to 6.15 AM American Star Thriller. (2023, 15) ★★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

- 7.00 AM Resident Evil: The Final Chapter As shown at 1.50am.
- 8.55 Star Trek: First Contact Sci-fi. (1996, 12, 110min) ★★★★★
- 10.50 Thir13en Ghosts As 3.45am.
- 12.30 PM The Nun Horror thriller. (2018, 15, 96min) ★★
- 2.20 Passengers Sci-fi drama. (2016, 12, 116min) ★★
- 4.25 Star Trek: Insurrection Sci-fi. (1998, P.G., 105min) ★★
- 6.15 I Am Legend Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★★
- 8.00 War of the Worlds Steven Spielberg's sci-fi adventure based on HG Wells' classic novel, starring Tom Cruise. (2005, 12, 116min) ★★★★★
- 10.10 The Adjustment Bureau Romantic sci-fi thriller starring Matt Damon and Emily Blunt. (2011, 12, 105min) ★★★★★
- 12.00 M.T. Resident Evil Sci-fi thriller. (2002, 15, 100min) ★★
- 1.50 AM Resident Evil: The Final Chapter Action horror sequel. (2016, 15, 107min) ★★
- 3.45 Thir13en Ghosts Horror chiller. (2001, 15, 91min) ★★
- 5.25 to 7.10 AM Resident Evil: Extinction Sci-fi horror thriller sequel. (2007, 15, 90min) ★★

Sky Cinema Family

306 406 506 520

- 6.30** AM **Beethoven** As 12.40am.
8.00 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
9.30 **Beethoven's 2nd** As 2.15am.
11.05 **It Takes Two** As 3.50am.
12.50 PM **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★★
2.30 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★
4.00 **The Smurfs** Family adventure. (2011, U, 103min) ★★
5.50 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★



4.00 The Smurfs

- 7.40** **Journey to the Center of the Earth** Fantasy adventure inspired by Jules Verne's famous tale, starring Brendan Fraser. (2008, PG, 92min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.20** **Journey 2: The Mysterious Island** Fantasy sequel starring Dwayne Johnson, Josh Hutcherson and Michael Caine. A teenager and his stepdad encounter bizarre creatures on an uncharted South Pacific island. (2012, PG, 94min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.00** **A Tiger's Journey** Drama. (2023, PG, 94min) ★★
12.40 AM **Beethoven** Comedy. (1992, U, 87min) ★★
2.15 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
3.50 **It Takes Two** Family comedy. (1995, U, 97min) ★
5.40 **to 7.25 AM Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Originals

302 402 502 516

- 7.00** AM **Blueback** Family drama. (2022, PG, 102min) ★★
8.50 **The Colour Room** Period drama starring Phoebe Dynevor. (2021, PG, 109min) ★★★★★
10.50 **After Yang** Sci-fi drama. (2022, PG, 96min) ★★★★★
12.40 PM **Voyagers** Sci-fi thriller. (2020, 15, 108min) ★★
2.40 **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★
4.25 **Antebellum** Horror mystery. (2019, 15, 105min) ★★
6.20 **Last Seen Alive** Mystery thriller starring Gerard Butler. (2022, 15, 95min) ★★
8.00 **Blacklight** Thriller starring Liam Neeson. (2022, 15, 104min) ★
10.00 **Hotel Mumbai** Fact-based thriller starring Dev Patel, Armie Hammer and Jason Isaacs. In 2008, at the Taj Mahal Palace Hotel, four terrorists take the staff and residents hostage. (2018, 15, 123min) ★★★★★
12.05 AM **Silent Night** Action thriller starring Joel Kinnaman. (2023, 15, 104min) ★★★★★
2.00 **Naked Singularity** Crime comedy drama starring John Boyega. (2021, 15, 93min) ★★
3.40 **Simulant** As shown at 2.40pm.
5.25 **to 7.15 AM After Yang** (2022)

Sky Cinema Action

307 407 507 521

- 7.15** AM **Ghost Rider: Spirit of Vengeance** (2012, 12) ★★
8.55 **The Killer** As 10.15pm.
11.05 **Shrapnel** (2023, 15) ★★
12.40 PM **Mad Max: Fury Road** Sci-fi thriller with Tom Hardy. (2015, 15, 120min) ★★★★★
2.45 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★
4.35 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★
6.25 **Hancock** Action comedy. (2008, 12, 92min) ★★



6.25 Hancock

- 8.00** **Bad Boys for Life** Action comedy thriller sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.15** **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. (2024, 15, 126min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.30** AM **Bullet to the Head** Action thriller starring Sylvester Stallone and Sung Kang. (2012, 15, 89min) ★★
2.10 **Once Upon a Time in Mexico** Thriller with Antonio Banderas. (2003, 15, 102min) ★★
4.00 **to 6.00 AM Bloodshot** Sci-fi thriller starring Vin Diesel. (2020, 12, 109min) ★★

Sky Cinema Classics

304 404 504 518

- 6.55** AM **We're No Angels** (1954)
8.55 **The Sting** As shown at 3.30am.
11.10 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
1.10 PM **Airplane!** Disaster spoof. (1980, 12, 86min) ★★★★★
2.55 **Airplane II: The Sequel** Comedy sequel. (1982, 15, 81min) ★★
4.35 **The Naked Gun 33½: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★
6.10 **Beverly Hills Cop** Comedy thriller with Eddie Murphy and Judge Reinhold. A brash Detroit police detective investigates a friend's murder in Beverly Hills. (1984, 15, 105min) ★★★★★
8.00 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy and Brigitte Nielsen. (1987, 15, 99min) ★★
10.00 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. (1994, 15, 104min) ★★
11.55 **The Naked Gun 33½: The Final Insult** As 4.35pm.
1.30 AM **We're No Angels** Comedy. (1954, U, 106min) ★★★★★
3.30 **The Sting** Comedy drama. (1973, PG, 129min) ★★★★★
5.55 **to 6.55 AM** Sky Cinema Preview

Sky Cinema Comedy

308 408 508 522

- 6.40** AM **Paint** As 11.35pm.
8.20 **Along Came Polly** Comedy. (2003, 12, 90min) ★★
9.55 **Strays** (2023, 15) ★★★★★
11.35 **In & Out** Comedy with Kevin Kline. (1997, 12, 91min) ★★
1.10 PM **The Blackening** Horror comedy. (2022, 15) ★★★★★
2.55 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★
4.40 **David Brent: Life on the Road**
6.20 **Wimbledon** Sports comedy. (2004, 12, 98min) ★★



8.00 It's Complicated

- 8.00** **It's Complicated** Romantic comedy starring Meryl Streep, Steve Martin and Alec Baldwin. A woman becomes her ex-husband's mistress but also finds herself attracted to an architect. With John Krasinski. (2009, 15, 115min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.05** **National Security** Comedy starring Martin Lawrence and Steve Zahn. (2003, 12, 88min) ★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.35** **Paint** Comedy drama. (2023, 12, 96min) ★★
1.15 AM **Fear and Loathing in Las Vegas** Director Terry Gilliam's surreal adaptation of Hunter S. Thompson's cult book. (1998, 18, 119min) ★★★★★
3.25 **The Cable Guy** Black comedy starring Jim Carrey. (1996, 12, 96min) ★★★★★
5.15 **to 7.05 AM David Brent: Life on the Road** Comedy. (2016, 15, 96min) ★★

Sky Cinema Animation

305 412 500 514

- 6.15** AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** (2021) ★★
7.45 **Madagascar** (2005, U) ★★
9.20 **PAW Patrol: The Mighty Movie** Animation. (2023, U) ★★
10.55 **The Swan Princess** Animated musical. (1994, U, 89min) ★★
12.35 PM **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U) ★★
2.10 **The Garfield Movie** Animation. (2023, U, 101min) ★★
4.00 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★
5.45 **Ruby Gillman, Teenage Kraken** Animated fantasy. (2023, PG, 93min) ★★
7.25 **The Pirates! In an Adventure with Scientists** Animation. (2012, U, 87min) ★★
9.00 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★★
10.30 **SuperKlaus** Animation. (2024, U, 92min) ★★
12.10 AM **Straight Outta Nowhere...**
1.35 **Maya the Bee** (2014, U) ★★
3.10 **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U) ★★
4.10 **Curious George** Animation. (2006, U, 87min) ★★★★★
5.55 **to 6.45 AM** Sky Cinema Preview

Sky Cinema Thriller

309 409 509 523

- 7.20** AM **State of Play** Thriller. (2009, 12, 127min) ★★★★★
9.40 **Hanna** Action thriller. (2011, 12, 106min) ★★★★★
11.45 **Hypnotic** Action thriller. (2023, 15, 93min) ★★
1.35 PM **Inferno** Thriller with Tom Hanks. (2016, 12, 121min) ★★
3.50 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
6.00 **The Equalizer 3** Thriller sequel starring Denzel Washington. (2023, 15, 109min) ★★



10.35 The Lesson

- 8.00** **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. With Ken Watanabe and Joseph Gordon-Levitt. (2010, 12, 148min) ★★★★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 10.35** **The Lesson** Thriller with Daryl McCormack and Richard E. Grant. A young author is hired to tutor the son of his literary idol. (2023, 15, 103min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.30** AM **Machete** Thriller starring Danny Trejo and Robert De Niro. (2010, 18, 104min) ★★
2.25 **Oldboy** Revenge thriller remake. (2013, 18, 104min) ★★
4.25 **to 6.20 AM Cult Killer** Thriller starring Antonio Banderas. (2024, 15, 105min) ★★

Movies 24

312 419

- 7.00** AM **Love in the Limelight** Comedy. (2022, PG, 84min) ★★
9.00 **Branching Out** Drama. (2024, PG, 90min) ★★
11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
1.00 PM **Falling Together** Drama. (2024, U, 90min) ★★
3.00 **Love in the Maldives** Romantic drama starring Jocelyn Hudon. (2023, PG, 84min) ★★
5.00 **An American in Austen** Comedy. (2024, PG, 84min) ★★
7.00 **Game, Set, Love** Romantic comedy with Davida Williams. (2022, PG, 84min) ★★
9.00 **Romance with a Twist** Drama starring Jocelyn Hudon and Olivier Renaud. A former dancer gets the chance to return to her past glories when a professional aerialist needs a partner. (2024, PG, 84min) ★★
11.00 **The Magic of Lemon Drops** Fantasy. (2024, PG, 84min) ★★
1.00 AM **Moriah's Lighthouse** Romantic comedy with Rachelle Lefevre. (2022, PG, 84min) ★★
3.00 **to 5.00 AM The Love Subscription** Romantic comedy. (2023, PG, 86min) ★★

Movies 24+ 315 420

Film4

313 855 428 14 300

- **Films start at 11.00am**
11.00 AM **The Quiet Man** John Ford's romantic drama. (1952, U, 129min) ★★
1.40 PM **The Long Ships** Adventure starring Richard Widmark. (1963, PG, 125min) ★★
4.15 **Von Ryan's Express** War drama starring Frank Sinatra. (1965, PG, 117min) ★★★★★
6.35 **Cutthroat Island** Adventure starring Geena Davis. (1995, PG, 123min) ★★



11.20 The French Dispatch

- Cutthroat Island** (film started at 6.35pm)
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 9.00** **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★
 SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.20** **The French Dispatch** Wes Anderson's anthology drama following the staff of a magazine based in a French town. Stars Bill Murray, Benicio Del Toro and Tilda Swinton. (2021, 15, 108min) ★★★★★

- 1.30** **to 3.25 AM The Masque of the Red Death** Roger Corman chiller starring Vincent Price. (1964, 15, 85min) ★★★★★

+1 hour 314 430 47 301

Talking Pictures

328 445 82 306

- 6.00** AM **San Ferry Ann** Comedy. (1965, b/w, U, 55min) ★★
7.10 **And the Same to You** Comedy. (1960, PG, 70min) ★★
8.35 **13 East Street** Crime thriller. (1952, b/w, PG, 104min) ★★
9.45 **The Lady Craved Excitement** Thriller. (1950, b/w, U) ★★
11.05 **Dr Morelle: The Case of the Missing Heiress** Mystery. (1949, b/w, PG, 73min) ★★
12.35 PM **Sea Devils** Romantic adventure. (1953, U, 91min) ★★
2.20 **Live Now, Pay Later** Comedy. (1962, b/w, PG, 104min) ★★
4.25 **The October Man** Thriller. (1947, b/w, PG, 91min) ★★
6.15 **Poldark** Historical drama. (1996, PG, 102min) ★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch 1/13** (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **Assault** Thriller starring Suzy Kendall. (1970, 18, 91min) ★★
12.00 MT **Cellar Club with Caroline...**
12.05 AM **The Man with the Golden Arm** Drama. (1955, b/w, 15) ★★
2.35 **She's My Darling** Drama. (1952, b/w, PG, 75min) ★★
3.55 **The Reluctant Bride** Comedy. (1955, b/w, PG, 75min) ★★
5.30 **to 6.00 AM** Time to Remember

Sky Sports Main Event

401 511 501 419 439

6.25 AM LIVE Formula 2 Coverage of the Australian Grand Prix qualifying session at Albert Park Circuit. Start-time is at 6.30am.

7.15 The F1 Show A look ahead.

8.15 Ted Drives: F1 Car

8.30 Formula 1 Australian Grand Prix.

9.55 F1 Explained: Weather Radar

10.00 Formula 1 From Australia.

11.25 F1 Explained – Tyres

11.30 LIVE The Players Championship Coverage of the second day of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach, Florida.

11.00 PM The F1 Show

12.00 Ted Drives: F4 Cars

12.10 AM LIVE Formula 3 Coverage of the Australian Grand Prix sprint race from Albert Park Circuit in Melbourne. Start-time 12.15am.

1.10 LIVE Formula 1 The Australian Grand Prix third practice session at Albert Park Circuit, Melbourne.

3.10 LIVE Formula 2 The Australian Grand Prix sprint race at Albert Park Circuit. Start-time 3.15am.

4.15 to 7.00 AM LIVE Formula 1 The Australian Grand Prix qualifying session staged at Albert Park Circuit. Start-time 5.00am.

TNT Sports 1

410 870 521 408 430

6.00 AM Ally's Social Club

6.30 Cycling Recent highlights.

8.30 LIVE AFL Hawthorn Hawks v Essendon Bombers. Coverage of the match at Melbourne Cricket Ground. Bounce-up 8.40am.

11.30 NBA Action Highlights.

12.00 NOON LIVE Cycling The fifth stage of the Tirreno Adriatico.

3.15 PM LIVE Cycling Coverage of the sixth stage of the Paris-Nice.

3.45 Ally's Social Club

4.15 UEFA Europa League & Conference League Highlights

5.15 Premier League Reload

5.30 Premier League: Big Interview

6.00 The Fantasy Show

6.30 Premier League Preview

7.00 LIVE Premiership Rugby Cup Coverage of the final.

10.15 Premier League Preview

10.45 UEFA Europa League & Conference League Highlights

11.45 TNT Sports Cricket Reload

12.00 M/T Premiership Rugby Cup

1.00 AM The Fantasy Show

1.30 Premier League Preview

2.00 LIVE AFL Geelong Cats v Fremantle Dockers.

5.00 to 8.00 AM LIVE AFL Sydney Swans v Brisbane Lions.

TNT Sports 3

413 874 523 410 432

6.00 AM Fishing: On the Bank

7.00 Serie A – Full Impact

7.30 A-League Women Highlights

8.00 LIVE A-League Women Western United v Canberra United. Kick-off is at 8.00am.

10.00 LIVE Alpine Skiing In La Thuile.

12.00 NOON TNT Sports Reload

12.15 PM NBA Bucks v Lakers.

1.45 LIVE Cycling Paris-Nice.

3.45 TNT Sports Reload

4.00 LIVE Ski Jumping In Norway.

5.00 NBA Warriors v Kings.

6.30 NBA on Fire The latest news.

7.00 Cycling Recent highlights.

9.00 AFL Hawks v Bombers.

11.00 Fight Week UFC 313 review.

11.30 UFC Main Event

12.30 AM UFC Connected

1.00 T20 International Cricket

2.00 Fight Week UFC 313 review.

2.30 Cycling Recent action.

4.30 TNT Sports Cricket Reload

4.45 Premiership Rugby Cup

5.45 to 6.00 AM TNT Sports Reload

Sky Sports Premier League

402 512 502 420 440

6.00 AM PL Greatest Games

7.00 Premier League Legends

8.00 Premier League Best Goals

9.00 Premier League 100 Club

10.00 Total Football

5.00 PM Best PL Goals 2000/01

6.00 Premier League 100: Dion Dublin A look at the former Manchester United and Aston Villa player's Premier League goals.

6.30 Premier League 100: Darren Bent The striker looks back at his time in the top flight.

7.00 Premier League Preview

7.30 The Big Interview An interview with a Premier League player from the past or present.

8.00 Fantasy Show Insight and tips ahead of the weekend's fixtures.

8.30 Gary Neville's Soccerbox The presenter talks to Robbie Keane.

9.00 Premier League Preview

9.30 The Big Interview

10.00 Premier League Icons

11.00 Premier League Years Best moments of the 2004/05 season.

1.00 AM PL Retro Bolton Wanderers v Chelsea in the 2004/05 season.

3.00 PL Greatest Games

4.00 Premier League Best Goals

5.30 to 6.00 AM Premier League 100 Club

TNT Sports 2

411 871 522 409 431

6.00 AM LIVE Women's International T20 Cricket New Zealand v Sri Lanka. Coverage of the first T20 from Hagley Oval in Christchurch.

10.00 UEFA Europa League

11.30 UEFA Conference League

12.00 NOON LIVE MotoGP The Grand Prix of Argentina MotoGP, Moto2 and Moto3 free practice sessions.

2.45 PM MotoGP Films

4.15 LIVE MotoGP The Grand Prix of Argentina MotoGP, Moto2 and Moto3 first practice sessions.

7.15 MotoGP Rewind

7.30 Isuzu UTE A-League

8.30 T20 International Cricket

9.30 Champions League Magazine

10.00 MotoGP From Argentina.

10.30 NBA Action Highlights.

11.00 LIVE NBA Memphis Grizzlies v Cleveland Cavaliers. Coverage of the inter-conference match.

1.30 AM NBA on Fire The latest news.

2.00 MotoGP From Argentina.

2.30 SailGP – Racing on the Edge

3.00 Isuzu UTE A-League

4.00 T20 International Cricket

5.00 Premier League Legends

5.30 to 6.00 AM Premier League Preview

TNT Sports 4

414 876 524 411 434

6.00 AM UEFA Europa League

7.30 UEFA Conference League

8.00 In My Blood With Cole Palmer.

8.15 Training Day Nottingham Forest.

8.30 LIVE Isuzu UTE A-League Adelaide United v Macarthur FC. Kick-off is at 8.35am.

10.30 Men's Ski Jumping World Cup

11.00 LIVE Freestyle Skiing The men's slope style finals in France.

12.15 PM LIVE Snowboarding The men's slopestyle finals in Austria.

1.00 Biathlon From Pokljuka.

2.00 LIVE Biathlon The men's 20km individual event from Slovenia.

4.00 Winter Sports Highlights.

5.00 LIVE Freestyle Skiing The mixed ski cross event in Scotland.

6.30 Winter Sports Recent action.

9.00 Vendee Globe Highlights

10.00 Winter Sports Highlights.

1.30 AM TNT Sports Reload

2.00 Winter Sports Recent action.

5.30 to 5.45 AM UEFA Champions League: Stories of the Finals

Sky Sports Football

403 513 503 421 441

6.00 AM Retro League One

8.00 EFL Cup Highlights

8.30 EFL Trophy Football

9.00 EFL Greatest Games

10.00 EFL Cup Retro The 2020 final.

11.00 EFL A 2011/12 play-off final.

12.00 NOON EFL Highlights

12.30 PM Bundesliga Weekly

1.00 EFL Highlights

3.00 Bundesliga Weekly

3.30 EFL Highlights

5.30 EFL Cup Highlights

6.00 Bundesliga Weekly

6.30 EFL Highlights

7.30 LIVE EFL Bristol City v Norwich City. Coverage of the Championship match at Ashton Gate. The Robins claimed a 2-0 win over Norwich in the reverse fixture at Carrow Road thanks to goals by Anis Mehmeti and Nahki Wells, but it looks a close contest to call this time around, as both teams have similar records this season. Kick-off 8.00pm.

10.30 Dundee United: Champions 83

11.00 There's Only One Sausage

11.30 EFL Greatest Games

12.00 M/T EFL The 2022/23 play-offs.

3.00 AM EFL Greatest Games

4.00 to 6.00 AM Championship Retro

Sky Sports Action

408 517 507 426 446

6.00 AM Super League Highlights

7.00 Top Rank Boxing Archive

8.45 My Icon Leon McKenzie.

9.00 LIVE NRL Penrith Panthers v Sydney Roosters. Coverage of the match from the second round of fixtures at CommBank Stadium in Sydney. Kick-off 9.05am.

11.00 Fight Night International

12.00 NOON Super League Highlights

1.00 PM The Rugby Championship

3.00 Fight Night International

4.00 Super League Highlights

5.00 Top Rank Boxing Archive

6.15 Super League Highlights

7.15 Women's Super League

7.30 The Rugby Championship

9.30 Super League Highlights

10.00 Women's Super League

10.15 Super League Highlights

11.00 Fight Night A top bout.

12.00 M/T Super League Highlights

1.00 AM The Rugby Championship

3.00 Super League Highlights

3.30 LIVE Super Rugby Crusaders v Western Force. The match from the fifth round of fixtures from Apollo Projects Stadium in Christchurch. Kick-off 3.35am.

5.30 to 6.00 AM Super League Highlights

Premier Sports 1

419 551

6.00 AM Transworld Sport

7.00 World Surf League

8.00 LaLiga Highlights

9.00 NASCAR Highlights

10.00 Downhill Skateboarding

11.00 URC in 60 Highlights.

12.00 NOON LaLiga Highlights

1.00 PM Asian Le Mans Series

2.30 LaLiga News The latest news.

2.30 LaLiga Specials

3.00 NASCAR Highlights

4.00 Downhill Skateboarding

5.00 LaLiga Specials

6.00 Viva LaLiga The latest news.

7.30 LIVE LaLiga Las Palmas v Alaves. Coverage of the Spanish top-flight match from Estadio Gran Canaria. Kick-off 8.00pm.

10.30 Football's Greatest

11.00 Asian Le Mans Series

12.00 M/T LIVE NHL Ice Hockey Winnipeg Jets v Dallas Stars.

3.00 AM NHL Tonight

4.00 Sporting Greats

5.00 to 6.00 AM Champions Cup

Sky Sports Cricket

404 514 504 422 442

6.00 AM WPL Recent action.

7.00 IPL Highlights from India.

8.00 ICC Champions Trophy Cricket

9.00 WPL Action from the Eliminator.

10.00 Quest: The Official Film

11.30 Best of ICC WT20

12.00 NOON WPL Recent action.

5.30 PM Best of ICC WT20

6.00 ICC Men's Cricket World Cup 2023 – Made In India A look at India's passion for cricket through its culture during the ICC Men's Cricket World Cup 2023.

7.30 Best of ICC WT20 Action from India v Pakistan in the 2007 final.

7.45 Highlights from England v the Netherlands in 2009.

8.00 WPL Action from the Eliminator.

9.00 History of the ICC Champions Trophy Reflect on the eight previous editions of the tournament as iconic figures of the game relive their memories of the ICC Champions Trophy.

10.00 IPL Highlights of Gujarat Titans v Kolkata Knight Riders from 2024.

11.00 WPL Action from the Eliminator.

12.00 M/T ICC Men's T20 World Cup

1.00 AM WPL The Eliminator.

4.40 Ashes Greats Player profiles.

5.00 to 6.00 AM IPL Highlights

Sky Sports+ Sky Sports+

412 518 508 427 447

6.00 AM Sky Sports News

7.00 Good Morning Sports Fans

10.00 Total Football The biggest headlines ahead of the Premier League weekend to come.

12.30 PM LIVE The Players Championship Coverage of the marquee groups on day two of the tournament from TPC Sawgrass in Ponte Vedra Beach, Florida. America's Wyndham Clarke held a four-stroke lead at the halfway stage last year after his second successive seven-under-par round of 65, with eventual champion Scottie Scheffler a further four shots back. At the other end of the leaderboard, 2021 champion Justin Thomas and three-time Major-winner Jordan Spieth were among the notable players to miss the cut.

11.00 Sky Sports News Round-up of the sports news, with live analysis and comment, plus interviews with the headline-makers.

12.30 AM Back Pages Tonight A look at the sports headlines.

1.00 Sky Sports News

2.30 Back Pages Tonight

3.00 to 6.00 AM Sky Sports News

Premier Sports 2

420 552

6.00 AM United Rugby Championship Highlights.

10.00 Temples of Sport

11.00 NHL Ice Hockey

1.00 PM LaLiga A match replay.

3.00 Africa Eco Race

3.30 Football's Greatest

4.00 United Rugby Championship Glasgow Warriors v Ospreys.

6.00 Football's Greatest

6.30 Africa Eco Race Action from stage 12 of the annual rally.

7.00 LaLiga Another chance to see Getafe v Atletico Madrid.

9.00 NHL Ice Hockey Toronto Maple Leafs v Florida Panthers.

11.00 LIVE NHL Ice Hockey Carolina Hurricanes v Detroit Red Wings. Coverage of the Eastern Conference match at Lenovo Centre. Face-off 12.00m't.

2.00 AM NHL: This is Hockey

2.30 Temples of Sport

4.00 to 6.00 AM Top 14 Rugby Union

Sky Sports Golf

405 515 505 423 443

6.00 AM The Players Championship

7.00 PGA Tour Champions Learning Centre Golf tips and advice.

7.30 The Players Championship Official Film From 2019.

8.30 The Players Championship

9.30 The Players: The Golden Era

10.30 The Players Championship

11.30 LIVE The Players Championship Day two of the tournament from TPC Sawgrass in Ponte Vedra Beach, Florida.

11.00 PM DP World Tour Golf

11.30 Masterpiece Theatre

11.45 PGA Tour Profiles

12.00 M/T LIVE Ladies European Tour Golf Coverage of day three of the Australian Women's Classic from Coffs Harbour Golf Club.

5.00 to 6.00 AM Golf Academy

Sky Sports Tennis

407 537 520 425 445

6.00 AM WTA Tennis The Cluj Open.

7.00 ATP Tennis Doha Open final.

8.00 WTA & ATP Tennis

12.00 NOON WTA Tennis

1.00 PM ATP Tennis A recent final.

2.00 WTA & ATP Tennis

6.00 LIVE WTA & ATP Tennis The Indian Wells Open men's doubles semi-finals from Indian Wells Tennis Garden in California.

10.00 LIVE WTA & ATP Tennis Further coverage of day 10 of the Indian Wells Open in California.

3.00 AM Billie Jean King: My Story

3.15 Martina Navratilova: Unstoppable An interview.

3.30 ATP Sizzle Reel 2024

3.45 WTA Sizzle Reel 2024

4.00 to 6.00 AM ATP Tennis

Sky Sports Mix

416 873 510 429 449

6.00 AM LIVE Super Rugby Highlanders v Hurricanes.

8.00 Super League Highlights

8.30 LIVE Super Rugby Brumbies v Fijian Drua. Kick-off 8.35am.

11.00 Premier League Darts

3.00 PM Fight Night Jonas v Price.

4.00 State of Origin Rugby League

7.00 Super League Highlights

7.15 Bundesliga Brazilian Goals

7.20 LIVE Bundesliga FC St. Pauli v TSG 1899 Hoffenheim.

9.30 Super League Highlights

10.00 The Rugby Championship

12.00 M/T One Championship Weekly

12.30 AM Top Rank Boxing Archive

1.45 One Championship Weekly

2.15 Top Rank Boxing Archive

3.30 My Icon Leon McKenzie.

3.45 Super League Highlights

5.00 to 6.00 AM Fight Night

Sky Sports F1

406 516 506 424 444

6.25 AM LIVE Formula 2 Australian Grand Prix qualifying session.

7.15 F1 Features

8.30 Formula 1 Australian Grand Prix.

9.55 F1 Explained – Weather Radar

10.00 Formula 1 Australian Grand Prix.

11.25 F1 Features

12.45 PM Formula 1

2.10 F1 Explained – Banking

2.15 Formula 1 Australian Grand Prix.

3.40 F1 Features

6.00 Formula 1 Australian Grand Prix.

7.25 F1 Explained: Altitude

7.30 Formula 1 Australian Grand Prix.

8.55 F1 Features

12.10 AM LIVE Formula 3 The Australian Grand Prix sprint race.

1.10 LIVE Formula 1 The Australian Grand Prix third practice session.

3.10 LIVE Formula 2 Coverage of the Australian Grand Prix sprint race.

4.15 to 7.00 AM LIVE Formula 1 The Australian GP qualifying session. Start-time 5.00am.

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW



British Science Week: Space Live Lesson

Monday, 11am, CBBC & BBC iPlayer

For British Science Week, astronaut Tim Peake – who spent 173 days living on the International Space Station – invites us to the National Space Centre for a special live lesson.

We find out about the effects of space on our bones, learn how astronauts manage food and hydration, and then we get a chance to put together our own 'astronaut training plan' for life in space. It's stellar stuff!

NEW

Gangnam Project

Wed & Thu, 6pm, CBBC & BBC iPlayer

A second series of the teen drama sees Canadian-Korean siblings Hannah and Leo Shin back at OME, the academy where K-pop dreams can come true.

However, now that there's a new head of the academy – and the future of the programme is uncertain – does this mean that the dreams of new OME idols, Radi8, have been shattered before they've even had a chance to shine?



More great shows to watch this week...

Cooking with the Gills

Sat & Sun, 8.35am, Milkshake! on 5

With Ace and Chiara in charge at the pop-up cafe, they invite Harveen and Hari over to make prawn spring rolls, and a cheese and courgette bake.

Hidden Figures

Available now, Netflix

With this week being British Science Week and Tuesday (8 March) being International Women's Day, there's no better time to re-stream this inspiring film about a group of history-making women at NASA.

Hot Wheels: Let's Race

Available now, Netflix

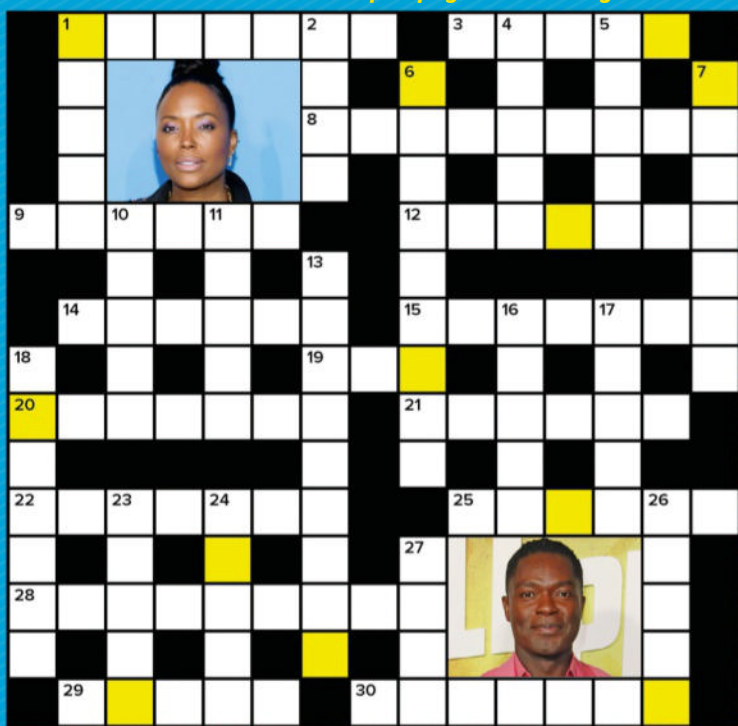
Season three has landed on Netflix, and Coop and his friends have to battle it out with Cruise and her new Track Blasters.



NEW

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out a Scottish actor (6,6). Answers at the bottom of the page – no cheating!



ACROSS

- 1 Star of 2013's *Zero Dark Thirty*, ----- Chastain (7)
- 3 ----- Richard, Pauline Fowler in *EastEnders* (5)
- 8 John -----, Ashley Thomas in *Emmerdale* (9)
- 9 Sean Tully in *Coronation Street*, ----- Cotton (6)
- 12 See picture clue: David -----, played Martin Luther King in *Selma* (7)
- 14 2010 movie with Gemma Arterton, ----- Drewe (6)
- 15 Word spelled out in 1968 Tammy Wynette song (7)
- 19 ----- Myers, Hermione Norris' role in *Spooks* (3)
- 20 Actor in *Melrose Place*, ----- Locklear (7)
- 21 Star and director of 2022 movie *Don't Worry Darling*, ----- Wilde (6)
- 22 Johnny Depp pirate role, Captain Jack ----- (7)
- 25 ----- Van Outen, TV and radio presenter (6)
- 28 Ex-*Crackerjack* presenter nicknamed Stewpot (2,7)
- 29 Lily -----, Lady Rose in *Downton Abbey* (5)
- 30 Subject of 2018 biopic *Bohemian Rhapsody*, ----- Mercury (7)

DOWN

- 1 *Ozark's* ----- Bateman (5)
- 2 Disney TV movie from 2008, ----- Rock (4)
- 4 ----- Kendrick, Meera in *Game of Thrones* (5)
- 5 Gigi Taylor-Roman in *Monarch*, Beth ----- (5)
- 6 Vyvyan in *The Young Ones*, Ade ----- (9)
- 7 Chas & Dave and The Matchroom Mob song from 1986, ----- Loopy (7)
- 10 Heroine in 2010's *The Princess and the Frog* (5)
- 11 ----- Cusack, played Kate Rowan in *Heartbeat* (5)
- 13 *Torchwood* and *Doctor Who* star, John ----- (9)
- 16 *The* ----- UK, popular ITV1 talent show (5)
- 17 Sam -----, director of the 2002-07 *Spider-Man* films (5)
- 18 Sam Aston's role in *Corrie*, ----- Brown (7)
- 23 See picture clue: Host of *Whose Line Is It Anyway?*, ----- Tyler (5)
- 24 Star of 2006's *Walk the Line*, ----- Witherspoon (5)
- 26 Neil Simon play set in a hotel, *Plaza* ----- (5)
- 27 2018 film with Lady Gaga, *A* ----- *Is Born* (4)

CROSSWORD SOLUTION ANSWER: Ashley Jensen ACROSS: 1 Jessica 3 Wendy 8 Middleton 9 Antony 12 Oyelowo 14 Tamara 15 Divorce 19 Ros 20 Heather 21 Olivia 22 Sparrow 25 Denise 28 Ed Stewart 29 James 30 Freddie DOWN: 1 Jason 2 Camp 4 Ellie 5 Ditto 6 Edmondson 7 Snooker 10 Tiana 11 Miamh 13 Barrowman 16 Voice 17 Raimi 18 Chesney 23 Alisha 24 Reese 26 Suite 27 Star

WORDS BY LYNETTE BRIGHTON. PHOTOS: SHUTTERSTOCK, BBC, GETTY.

Coming soon

**FIRST
LOOK**

**WHAT'S
NEXT FOR...**



Rose Ayling-Ellis and
Anne-Marie Duff as
Miri and Christine

Matthew Gurney
as Daniel

Reunion

Rose Ayling-Ellis, Anne-Marie Duff and Matthew Gurney star in a thriller set in the deaf community

BBC1's groundbreaking drama *Reunion* explores the fallout when a deaf man is released from prison after serving time for a terrible act.

The four-part series, which uses both British Sign Language and spoken English, has cast and crew from the deaf community and is penned by deaf writer William Mager. It centres on Daniel Brennan (Matthew Gurney), who, when his jail sentence finishes, wants to make amends and uncover the truth about what happened a decade before. But, as he finds himself

cut off from both the hearing world and his friends who have disowned him, he reaches out to his estranged daughter Carly (*Rivals*' Lara Peake).

EMOTIONAL JOURNEY

Meanwhile, Christine (*Bad Sisters*' Anne-Marie Duff), who remains traumatised by Daniel's crime, is also eager to trace him and get answers for herself and her daughter Miri (*EastEnders*' Rose Ayling-Ellis), and Christine's boyfriend Stephen (*Suspect*'s Eddie Marsan) is desperate to protect them both.

'It's a privilege to bring Brennan to life in this gripping tale of revenge, redemption and reconciliation,' says Gurney. 'He's on a different journey than that portrayed by normal deaf lives; he's hated within the deaf community. And it shows how deaf people react in an authentic way.'

'It is rare to witness a narrative where the audience is taken on a journey with a different set of senses,' adds Duff. 'It's about our need to acknowledge each other's truths – inside our own families and beyond.'

Robert Webb and David Mitchell

C4's as-yet-untitled sketch show will see the duo team up with rising comedy stars, including Kiell Smith-Bynoe, Lara Ricote, Stevie Martin and Krystal Evans, for a range of cheeky skits.



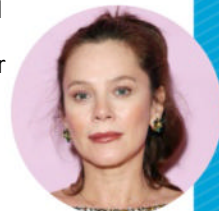
Danny Dyer

In Sky Max's reality show *The Dyers' Caravan Park*, the actor will join daughter Dani as they deal with multiple challenges while running a holiday park in a bid to bring back the golden era of the British getaway.



Anna Friel

The actor will star in the six-part BBC1 drama *The Dream Lands*, set in the troubled near-future and following teenager Chance (Pascale Kann) and her family, who are caught in a conspiracy.



Coming Back

Rose Leslie and Suranne Jones will return as DI Kirsten Longacre and DCI Amy Silva in a third run of BBC1 thriller *Vigil*, as the cops and romantic partners investigate a death at an Arctic research station.



**TV&Satellite
week**

121-141 Westbourne Terrace,
London W2 6JR
Email tv&satweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

International Licensing and Syndication
TV&Satellite Week is available for licensing and syndication. Contact us at licensing@futurenet.com or view our available content at futurecontenthub.com
Head of Print Licensing
Rachel Shaw licensing@futurenet.com



Next week On sale Tuesday 11 March



The Marlow Murder Club

U&Drama's whodunnit sees the sleuths tackle new cases.



Protection

Siobhan Finneran plays a witness-protection officer dealing with a crisis in ITV1's thriller.



The Residence

Netflix's murder mystery follows a detective (Uzo Aduba) looking into a death at the White House.



Red Nose Day

In BBC1's fundraiser, stars such as Dame Joanna Lumley and Alison Hammond join in the fun.

WORDS: CAREN CLARK; PHOTOS: BBC, GETTY, ITV, DANIEL LOVEDAY/COMIC RELIEF, NETFLIX, SHUTTERSTOCK, U&DRAMA

ipso. Regulated Editorial Complaints *TV&Satellite Week* is a member of IPSO (Independent Press Standards Organisation), which regulates the UK print and digital news industry. We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards and want to make a complaint, please email us at tv&satweek@futurenet.com or write to The Editor, *TV&Satellite Week*, 121-141 Westbourne Terrace, London W2 6JR. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk



We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainably managed forests, conforming to strict environmental and socioeconomic standards.

Spirit of Freedom

Bronzed Horse Sculpture



↑
IMPRESSIVE
9 INCHES
TALL!
↓

Graceful, untamed, and powerful, the wild horse is a timeless symbol of strength and a call to live boldly. Bring the beauty of this majestic creature into your home with the 'Spirit of Freedom' Sculpture – exclusively available from The Bradford Exchange.

A Handcrafted Tribute to Nature's Majesty

Standing at an **impressive 9 inches** tall, this exquisite sculpture is meticulously handcrafted from artist's bronze-effect resin. Every detail, from the horse's powerful muscles to its flowing mane, is **individually hand-painted** in rich bronze tones, capturing the essence of freedom. Turquoise-tipped feathers and golden accents adorn its mane and tail, honouring Earth's ancient spirits. The base features the elegant inscription: 'Spirit of Freedom.' This **individually numbered edition** combines the luxurious look of solid bronze sculptures with exceptional affordability.

Not available on the High Street – order your individually numbered edition now!

Accompanied by a Certificate of Authenticity and our famous 365-day money-back guarantee, this exceptional market-first will be available for just 2 interest-free instalments of £39.99 – that's only £79.98 (plus £9.99 S&S)* – subject to production commencing. Pay nothing now – simply complete and return your Priority Order Form today! Production dependent on total reservations received. We will notify you should production not proceed within 60 days.

© The Bradford Exchange. *S&S – Shipping & Service. Offer applies to UK only. Production dependent on total reservations received. We will notify you should production not proceed within 60 days. No payment requested until product is ready for delivery. IU25-001.01

Shown smaller than actual size of 9 inches (22.9 cm) high

PAY NOTHING NOW

PRIORITY ORDER FORM

Please Respond Promptly

To: The Bradford Exchange, PO Box 653, Stoke-on-Trent ST4 4RA

YES! Please order (Qty) of the 'SPIRIT OF FREEDOM' SCULPTURE for me as described in this advertisement.

Complete today or Call 0333 003 0019

Title..... Name..... (PLEASE PRINT)

Address.....

Postcode..... Phone.....

Email Address.....

B Applicants must be aged 18 or over. Please note, we may contact you via mail, email and mobile with information about your reservation. For details of our privacy policy, please go to www.bradford.co.uk/privacypolicy or contact us at the above address or phone number.

Bradford Exchange Since 1978 IU25-001.01

Order Ref:462231

FASTEST WAY TO ORDER
www.bradford.co.uk/horsespirit

Or call on 0333 003 0019

Lines are open: Mon-Thurs 10-6 Fri 9-5 Sat 9-4

and quote reference code 462231

Ideal Home

NEW RANGE OF BLINDS, CURTAINS AND CUSHIONS



blinds2go™
made to measure, made simple

